

WEEKLY TIMETABLE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
CIRCUITS 7:00 - 7:30am	SPIN 7:00 - 7:45am	HIIT 7:00 - 7:30am	UPPER BODY BLAST 8:30 - 9:00am	YOGA 6:45 - 7:45am	BOOTCAMP 9:00 - 9:45am	BOOTCAMP 9:15 - 9:45am
BOXFIT 9:30 - 10:00am	LBT 9:30 - 10:15am	DANCE FIT 9:30 - 10:30am	SPIN 9:30 - 10:15am	LBT 9:00 - 9:45am	SPIN 10:00 - 10:45am	YOGA 10:00 - 11:15am
PILATES 10:30 - 11:30am	UPPER BODY BLAST 10:15 - 11:00am	STEP AND ABS 17:45-18:45pm	YOGA 10:30 - 11:30am	STEP 9:50 - 10:30am		
LBT 18:00 - 18:45pm	PILATES 17:45 - 18:45pm	SPIN 19:30 - 20:15pm	BODY BLAST 18:00 - 18:45pm	PILATES 17:00 - 18:00pm		
YOGA 19:00 - 20:00pm	HIIT 18:45 - 19:15pm		CIRCUITS 19:30 - 20:15pm	FUNC FIT 19:00 - 19:45pm		
GYM CIRCUITS 19:30 - 20:15pm	SPIN 19:30- 20:15pm					

FITNESS THAT SUITS YOU