



Class Timetable

2019



MON			Abs Special 12:30 - 12:45 15 min express class	Yoga 13:05 - 14:30	Group Cycling 17:30 - 18:30	Yoga 18:30 - 19:30	Functional Fitness 18:45 - 19:30 (Gym Floor)	Legs, bums & tum 19:30 - 20:30		
TUES		Zumba 12:00 - 13:00	Group Cycling 13:10 - 13:55		Abs Attack 17:00 - 17:30	HIIT 17:30 - 18:00	Boxercise 18:00 - 19:00	Advanced Kettlebells 19:00 - 20:00		
WED	Pilates 08:15 - 09:15		Functional Fitness 12:15 - 12:45 (Gym Floor)	Boxercise 13:05 - 14:05	Swing Train 17:15 - 18:00	Sweat Fit 18:00 - 18:30	Legs, bums & tums 18:30 - 19:30	Functional Fitness 19:00 - 19:30 (Gym Floor)	Super cycling 19:30 - 20:30	Yoga 20:40 - 21:40
THURS			Pilates 12:05 - 13:05	Abs Special 12:30 - 12:45 15 min express class		Abs & Core Blast 17:30 - 18:15	Afro-Soca 18:30 - 19:20	Gym Fit 19:30 - 20:00		Yoga 20:40 - 21:40
FRI			Power Yoga 12:00 - 13:00				Group Cycling & Abs Attack 17:00 - 18:15	HIIT 18:30 - 19:00		
SAT			Pilates 12:00 - 13:00	Circuits 13:05 - 13:55	Zumba 14:00 - 15:00					
SUN	Women's Only Weight Training 9:15 - 10:00	Group Cycling & Abs Attack 11:15 - 12:30		Studio Hire 13:00 - 16:00						

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