

CLASS TIMETABLE

MON	TUE	WED	THUR	FRI	SAT	SUN
07:00 Studio Pump 45 Mins	06:30 Functional 30 Mins	07:00 Total Body 45 Mins	06:30 Functional 30 Mins	07:00 LBT 45 Mins	10:00 Functional 30 Mins	
09:30 Functional 30 Mins	07:15 Studio Pump 45 Mins	09:00 Aqua Fit 45 Mins	07:15 HIIT 30 Mins	09:30 Functional 30 Mins	11:00 Studio Pump 45 Mins	
12:15 Aqua Fit 45 Mins	09:30 Spin Express 30 Mins	09:10 Pilates 45 Mins	09:30 Strength Club 45 Mins	12:15 Aqua Fit 45 Mins	14:00 Functional 30 Mins	
17:00 HIIT 30 Mins	11:00 Active Life 45 Mins	12:15 Aqua Fit 45 Mins	09:30 Yin Yoga 45 Mins	18:00 Studio Pump 45 Mins	15:00 LBT 45 Mins	
18:00 Vinyasa Yoga 60 Mins	18:00 LBT 45 Mins	17:00 Yoga Flow 45 Mins	11:00 Active Life 45 Mins	19:00 Functional 30 Mins		
18:00 Spin 45 Mins	19:00 Step Aerobics 45 Mins	18:00 Studio Pump 45 Mins	18:00 Box Fit 45 Mins			
19:00 Studio Pump 45 Mins	19:00 Kick Fit 45 Mins	19:00 Zumba 45 Mins	18:15 Pilates 45 Mins			
20:00 Box Fit 45 Mins		19:00 Spin 45 Mins	19:00 HIIT 30 Mins			
			19:10 Pilates 45 Mins			

