

Class Timetable

allGym

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY							
MORNING 6am till 12pm		06:45-7:15 Spin Studio	allSpin	06:45-07:15 Studio	Circuits									
		07:15-07:45 Studio	Circuits	07:15-07:30 Studio	Abs	09:30-10:15 Functional	Bootcamp							
	09:30-10:15 Studio	allPump Dani	09:30-10:15 Functional	Bootcamp	09:30-10:15 Spin Studio	allSpin	10:15-10:45 Functional	Abs	09:30-10:15 Functional	Bodyburn	09:30-10:15 Functional	Bootcamp	09:30-10:15 Studio	Circuits
	10:15-11:00 Studio	Abs	10:15-11:00 Studio	LBT	10:15-11:00 Functional	Bootcamp			10:15-10:45 Studio	Metafit	10:15-11:00 Functional	allCore	10:15-11:00 Spin Studio	allSpin
									10:30-11:15 Studio	Sweaty Mama			11:00-11:45 Pilates	Pilates
DAYTIME 12pm till 5pm														
EVENING 5pm till 10pm														
	17:30-18:00 Functional	Circuit	17:45-18:30 Functional	Bootcamp	17:30-18:15 Studio	allPump								
	18:00-18:45 Spin Studio	allSpin	18:30-19:00 Functional	Abs	18:15-19:00 Functional	Bootcamp	17:30-18:15 Functional	Bootcamp						
	18:45-19:30 Studio	Tone	18:30-19:15 Spin Studio	allSpin	18:15-19:00 Spin Studio	allSpin	18:15-19:00 Spin Studio	allSpin						
	19:30-19:45 Abs	Abs	19:15-20:00 Spin Studio	Pilates										

	CARDIO		MIND/BODY
	STRENGTH		DANCE
	INTERVAL		CORE
	INDUCTION		TONE