

Class Timetable

allGym

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY						
MORNING 6am til 12pm		6:30-7:00 Spin Studio	allSpin	6:30-7:00 Studio	Circuits								
		7:00-7:30 Studio	Circuits	7:00-7:15 Studio	Abs								
	9:30-10:15 Studio	allPump	9:30-10:15 Functional	Bootcamp	9:30-10:15 Spin Studio	allSpin	9:30-10:15 Functional	Bootcamp	9:00-9:45 Functional	Bootcamp			
	10:15-10:45 Studio	Abs	10:15-11:00 Studio	LBT	10:15-11:00 Functional	Bootcamp	10:15-10:45 Functional	Abs	10:15-10:45 Functional	Metafit	10:00-10:30 Functional	Boxercise	
	10:15-11:00 Functional	Size Droppers							10:30-11:15 Studio	Sweaty Mama			11:00 - 11:45 Studio
	11:15-12:00 Studio	Zumba											
DAYTIME 12pm til 5pm													
EVENING 5pm til 10pm	17:30-18:00 Functional	Circuit	17:30-18:15 Functional	Bootcamp	17:30-18:15 Studio	Bootcamp	17:30-18:15 Functional	Bootcamp					
	18:15-19:00 Spin Studio	allSpin	18:30-19:15 Spin Studio	allSpin	18:15-19:00 Functional	HITT	18:30-19:15 Spin Studio	allSpin					
	19:15-20:00 Studio	LBT	19:15-20:00 Studio	Pilates	18:30-19:00 Spin Studio	allSpin	19:30-20:15 Studio	Zumba					

	CARDIO
	STRENGTH
	INTERVAL
	INDUCTION

	MIND/BODY
	DANCE
	CORE
	TONE