

FITNESS CLASS TIMETABLE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
BODY BLAST	YOGALATES 17:40 - 18:40 SANDRA	FITNESS PILATES	STUDIO CYCLING	STUDIO CYCLING	STUDIO CYCLING	STEP
18:00 - 18:50 LAUREN	HIIT 18:00 - 18:45 JEN	18:00-19:00 TARA	17:45 - 18:25 AYMEN	17:30 - 18.15 JEN	8:30 - 9:15 JEN	9:00 -10:00 AYMEN
STUDIO CYCLING 19:05 - 19:50 LAUREN	LBT 18:55-19:20 JEN	CIRCUITS 19:10 - 20:10 TARA	HIIT 18:35 - 19:05 AYMEN		EARLY BURN	YOGALATES
	STUDIO CYCLING 19:30-20:15 JEN				9:30- 10:25 JEN	10:10-11:10 SANDRA
ZUMBA 19:10—20:00 SOFIA		ZUMBA 19:15—20:05 SOFIA	STUDIO CYCLING 19:15—20:00 AYMEN			