

# OUTSIDE GYM CLASSES

## All About You

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
10:00	10:00 BODYBALANCE	10:00 BOOTCAMP	10:00 Functional Circuit training 45m		10:00 BODYBALANCE		
	10:00 BOOTCAMP				10:00 BOOTCAMP		
11:00						11:00 Functional Circuit training 45m	11:00 BOOTCAMP
						11:00 BODYSHAPE 45m	11:00 PILATES 45m
12:00				12:00 BODYSHAPE 45m			
18:30	18:30 Functional Circuit training 45m	18:30 BODYCOMBAT	18:30 PILATES 45m	18:30 BODYCOMBAT			
	18:30 POWER YOGA			18:30 BODYBALANCE			

