

Gym Classes

All About You

| | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY | SUNDAY |
|-------|---------------------------------------|------------------|-------------------|---------------------|-------------------|---------------------------------------|---------------------------------------|
| 9:00 | | | | | | 09:00 RPM | |
| 10:00 | 10:00 BODYBALANCE | | | | 10:00 BODYBALANCE | | |
| | 10:00 BOOTCAMP | | | | 10:00 BOOTCAMP | | |
| 10:30 | | | | | | | 10:30 PILATES 45m |
| 11:00 | | | | | | 11:00 BODYSHAPE 45m | |
| 11:30 | | | | | | | 11:30 Functional Circuit training 45m |
| 12:00 | | | | 12:00 BODYSHAPE 45m | | 12:00 Functional Circuit training 45m | |
| 17:30 | 17:30 Functional Circuit training 45m | | | | | | |
| 18:00 | | | | 18:00 BODYBALANCE | | | |
| 18:30 | 18:30 POWER YOGA | 18:30 BODYCOMBAT | 18:30 PILATES 45m | | | | |
| 19:00 | | | | 19:00 BODYCOMBAT | | | |

