

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		
10:30							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	
17:15				17:15 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				19:15 BODYCOMBAT			
19:30							
20:00							

