

GYMCLASSES

All About You

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
9:00						09:00 CYCLING 50m	
10:00	10:00 BODYBALANCE				10:00 BODYBALANCE		
10:30						10:30 BODYSHAPE 45m	
11:15						11:15 PILATES 45m	
12:00	12:00 HIIT 45m			12:00 BODYSHAPE 45m			
14:00				12:45 HIIT 45m			
17:45	17:45 Functional Circuit training 45m		17:45 Functional Circuit training 45m				
18:30	18:30 POWER YOGA	18:00 CYCLING 50M	18:30 PILATES 45m				
19:00		19:00 BODYCOMBAT		19:00 BODYCOMBAT			
20:00							

