

GYM CLASSES

All About You

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
9:00						09:00 CYCLING 50m	
10:00	10:00 BALANCE		10:00 HATHA YOGA				
10:30						10:30 SHAPE 45m	
11:00							11:00 POWER YOGA
11:15						11:15 PILATES 45M	
12:00				12:00 SHAPE 45M		12:00 Functional Circuit training 45	12:00 Functional Circuit training 45
12:45							
18:00		18:00 CYCLING 50M	18:00 Functional Circuit training 45m				
18:30	18:30 Functional Circuit training 45m						
18:45			18:45 PILATES 45M				
19:00				19:00 COMBAT			
19:15		19:15 COMBAT					
19:30	19:30 PUMP						

