

GYM CLASSES

All About You

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

