

GYM CLASSES

All About You

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
9:00						09:00 CYCLING 50m	09:00 PUMP 50M
10:00	10:00 HATHA YOGA		10:00 HATHA YOGA				10:00 BODYCOMBAT
10:30						10:30 BODYSHAPE 45m	
11:05							11:05 POWER YOGA
11:15						11:15 PILATES 45M	
12:15						12:15 Functional Circuit training 45	
13:00							13:00 Circuit training for kids
15:30					15:30 Circuit training for kids		
17:30	17:30 BODYSHAPE 45M	17:30 CORE 20M	17:30 CORE 20M		17:30 HATHA YOGA		
18:00		18:00 CYCLING 50M	18:00 PILATES 45M	18:00 Cardio core training 45m			
18:30	18:30 Functional Circuit training 45m						
18:45			18:50 Functional Circuit training 40m				
19:00				19:00 BODYCOMBAT			
19:15		19:15 BODYCOMBAT					
19:30	19:30 PUMP						
19:35			19:35 PUMP 50m				

