

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	
11:15						11:15 PILATES 45M	11:15 PILATES 45M
17:30	17:30 BODYSHAPE 45M	17:30 CORE 20M	17:30 PILATES 45M		17:30 HATHA YOGA		
18:00		18:00 CYCLING 50M		18:00 Xcore training 45m			
18:20			18:20 Functional Circuit training 40m				
18:30	18:30 Functional Circuit training 45m						
19:00				19:00 BODYCOMBAT			
19:10			19:10 PUMP 50m				
19:15		19:15 BODYCOMBAT					
19:30	19:30 PUMP						
20:10			20:10 PUMP 50m				

