

# CLASS TIMETABLE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
08:45 - 09:15 <b>Aqua Tone</b>		08:45 - 09:15 <b>Aqua Tone</b>	08:45 - 09:15 <b>Abs</b>	08:45 - 09:15 <b>Aqua Tone</b>
09:15 - 09:45 <b>Aqua Tone</b>	10:00 - 10:45 <b>Work out of the day</b>	09:15 - 09:45 <b>Aqua Tone</b>	09:30 - 10:15 <b>Work out of the day</b>	09:15 - 09:45 <b>Aqua Tone</b>
10:00 - 10:45 <b>Pump</b>	10:45 - 11:15 <b>LBT</b>	10:00 - 10:30 <b>Spin</b>	10:30 - 11:15 <b>Pilates</b>	10:00 - 10:45 <b>Pump</b>
17:30 - 18:00 <b>Spin</b>	17:00 - 17:45 <b>Pump</b>	17:00 - 17:45 <b>Body Blast</b>	18:00 - 19:00 <b>Yoga</b>	17:00 - 17:45 <b>Body Blast</b>
18:00 - 18:45 <b>Body Blast</b>	18:00 - 18:30 <b>Abtastic</b>	18:00 - 18:30 <b>Spin</b>	19:30 - 20:00 <b>Spin</b>	18:00 - 18:30 <b>Spin</b>
	19:00 - 19:30 <b>Water Workout</b>	18:30 - 19:00 <b>Abs</b>		