

CLASS TIMETABLE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
08:00 - 08:30 Body Blast		08:00 - 08:30 Bootcamp	07:00 - 07:30 Spin	08:00 - 08:30 Pump	08:30 - 09:00 Water Workout
08:45 - 09:15 Aqua Tone		08:45 - 09:15 Aqua Tone	08:45 - 09:15 Abs	08:45 - 09:15 Aqua Tone	08:45 - 09:15 Aqua Tone
09:15 - 09:45 Aqua Tone		09:15 - 09:45 Aqua Tone	09:30 - 10:15 Work out of the day	09:15 - 09:45 Aqua Tone	09:15 - 09:45 Aqua Tone
14:30 - 15:00 LBT		10:00 - 10:30 Spin	10:30 - 11:15 Pilates	10:00 - 10:45 Pump	10:00 - 10:45 Pump
17:30 - 18:00 Spin	17:00 - 17:45 Bootcamp	17:00 - 17:45 Body Blast	18:00 - 19:00 Yoga	17:00 - 17:45 Body Blast	17:00 - 17:45 Body Blast
18:00 - 18:45 Body Blast	18:00 - 18:30 Abtastic	18:00 - 18:30 Spin	19:30 - 20:00 Spin	18:00 - 18:30 Spin	18:00 - 18:30 Spin
	19:00 - 19:30 Water Workout	18:30 - 19:00 Abs			