

# TIMETABLE - FITNESS STUDIO 2 CLASSES



FROM 19TH AUGUST 2023

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
07:00 - 07:45 BodyPump (Virtual)	07:00 - 07:45 BodyBalance (Virtual)	07:00 - 07:45 BodyBalance (Virtual)	07:00 - 07:45 BodyPump (Virtual)	07:00 - 07:45 BodyCombat (Virtual)	09:00 - 10:00 BodyCombat (Virtual)	08:45 - 09:45 BodyBalance
09:40 - 10:25 BodyCombat	09:45 - 10:30 BodyCombat (Virtual)	09:20 - 10:05 BodyPump (Virtual)	09:30 - 10:30 BodyCombat (Virtual)	09:30 - 10:30 BodyBalance (Virtual)	10:15 - 11:15 BodyBalance	10:15 - 11:15 BodyPump (Virtual)
10:40 - 11:40 BodyBalance (Virtual)	10:45 - 11:45 Tums Bums & Thighs	16:30 - 17:15 BodyPump (Virtual)	10:45 - 11:45 BodyBalance	12:00 - 13:00 Social Circuits	11:45 - 12:45 BodyPump (Virtual)	11:30 - 12:30 BodyCombat (Virtual)
12:00 - 13:00 Social Circuits	12:00 - 12:45 BodyPump (Virtual)	17:30 - 18:15 Pilates	12:00 - 12:45 BodyPump (Virtual)	16:00 - 16:45 BodyBalance (Virtual)	13:00 - 13:45 BodyBalance (Virtual)	13:00 - 13:45 BodyPump (Virtual)
16:45 - 17:30 BodyPump (Virtual)	13:45 - 14:30 Social Aerobics * From 5th Sept	18:30 - 19:30 Zumba	16:15 - 17:15 BodyBalance (Virtual)	17:00 - 18:00 BodyPump	15:00 - 16:00 BodyPump (Virtual)	15:00 - 16:00 BodyBalance (Virtual)
18:30 - 19:30 BodyPump	17:45 - 18:30 BodyBalance	19:45 - 20:45 BodyCombat	17:30 - 18:30 BodyCombat	18:15 - 19:00 BodyCombat (Virtual)		
19:40 - 20:25 BodyCombat (Virtual)	18:40 - 19:25 BodyAttack		19:00 - 20:00 BodyBalance	19:15 - 20:00 BodyBalance (Virtual)		
	19:40 - 20:20 BodyPump (Virtual)		20:15 - 21:00 BodyPump (Virtual)			