

# TIMETABLE - FITNESS STUDIO 1 CLASSES



FROM 19TH AUGUST 2023

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
09:30-10:30 Pilates	09:40 - 10:40 BodyPump	09:30 - 10:30 Pilates	09:30 - 10:30 Tums Bums & Thighs	07:00 - 07:45 Power Yoga	08:45 - 09:45 BodyPump	09:00 - 10:00 Circuits
10:50 - 11:35 Circuits	10:50 - 11:50 BodyBalance	10:45 - 11:45 Yoga	10:45 - 11:45 BodyPump	09:30 - 10:30 BodyPump	10:00 - 11:00 BodyAttack	10:10 - 11:10 BodyCombat
12:00 - 13:00 Yoga	12:00 - 13:00 Pilates	13:45 - 14:45 Zumba	12:00 - 13:00 Pilates	10:45 - 11:45 Zumba		
13:10 - 14:10 Tai Chi	17:00 - 17:30 Metafit	17:30 - 18:15 Circuits	17:00 - 17:30 Metafit	13:15 - 14:15 Yoga		
17:30 - 18:15 Circuits	17:40 - 18:25 BodyPump	18:25 - 19:10 BodyAttack	17:45 - 18:45 BodyPump	17:30 - 18:15 Circuits		
18:25-19:10 BodyAttack	18:40 - 19:25 BodyCombat	19:20 - 20:05 BodyPump	19:00 - 20:00 Yoga			
19:20-20:20 Yoga						