

THIS WEEK'S TIMETABLE

Monday.

06:35	07:05	■ Circuit Blast
09:30	10:15	▮ Yogalates
09:50	10:30	▮ Aqua
10:30	11:15	▮ Dance Party
10:40	11:20	▮ Aqua
11:30	12:00	▮ Aqua
13:30	14:30	▮ Yoga: Slow Flow
17:00	17:45	▮ Pilates (Beginner/Intermediate)
18:00	18:45	▮ Full Body S & C
19:00	20:00	▮ Yoga: Power Vinyasa Flow

Tuesday.

06:35	07:05	▮ HIIT
08:30	09:15	▮ Sweat. Lift. Breathe
09:30	10:15	▮ HIIT
10:00	10:45	▮ Aqua
10:30	11:15	▮ LBT
11:00	11:45	▮ Aqua
11:30	12:15	▮ Pilates Improvers
12:30	13:15	▮ Pilates
16:45	17:30	▮ Zumba
17:45	18:30	■ HIIT Strength
18:00	18:45	▮ Pilates
18:50	19:35	▮ Lift
19:45	20:30	▮ Zumba

Wednesday.

06:35	07:05	■ Lift
09:30	10:15	▮ Bodymax
10:00	10:45	▮ LBT
10:00	10:45	▮ Aqua
10:30	11:15	▮ Maxburn
11:00	11:45	▮ Aqua
11:30	12:15	▮ Dance Party
17:45	18:35	▮ Sweat. Lift. Breathe.
17:50	18:35	▮ Kettlebells
18:50	19:30	▮ Step HIIT
19:05	19:50	▮ Aqua
19:35	20:20	▮ Clubbercise

Thursday.

06:35	07:05	▮ Boxing
07:10	07:20	▮ Abs Blast
09:30	10:30	▮ Dance Cardio & Core
10:00	10:45	▮ Aqua
10:35	11:20	▮ Full Body Sculpt
11:00	11:45	▮ Aqua
11:30	12:15	▮ Dance Fit
14:00	14:45	▮ ChiMoves
16:00	16:45	▮ Zumba
18:00	19:00	▮ Yoga: Hatha Yoga
19:15	20:00	▮ Legs Bums Tums

Friday.

06:35	07:05	■ Circuit Blast
08:00	09:00	▮ Yoga: Hatha Yoga Step
09:30	10:15	▮ Step
10:00	10:45	▮ Aqua
10:30	11:15	▮ Sweat. Lift. Breathe.
11:00	11:45	▮ Aqua
17:30	18:15	▮ Clubbercise
17:45	18:30	■ Fit Fast Strong
18:20	18:45	▮ Boxing

Saturday.

08:20	08:50	▮ HIIT
09:00	09:45	▮ Full Body Strength
10:00	10:45	▮ Stretch & Relax
10:50	11:30	▮ Clubbercise