

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
FAT BURNING 06:35 - 07:20		FAT BURNING 06:35 - 07:20		FAT BURNING 06:35 - 07:20	
 ABS & GLUTES 07:45 - 08:30	 pilates 08:00 - 08:45	TRX Suspension Training 07:45 - 08:30	 STRETCHING & FOAM ROLLER 08:00 - 08:45	 ABS & GLUTES 07:45 - 08:30	
SEMI PERSONAL 08:30-09:30	SEMI PERSONAL 09:00-10:00	SEMI PERSONAL 08:30-09:30	SEMI PERSONAL 09:00-10:00	SEMI PERSONAL 08:30-09:30	
 pilates 09:15 - 10:00	 FULLBODY 09:15 - 10:00	 pilates 09:15 - 10:00	 ABS & GLUTES 09:15-10:00	 TRAMPOLINES 08:30-09:30	 YOGA 11:00 - 12:00
TRX Suspension Training 13:15 - 13:45		FAT BURNING 13:15 - 13:45		 ABS & GLUTES 13:15 - 13:45	 KICK BOXING LEARNING 12:00 - 13:00
	 ABS & GLUTES 16:30 - 17:15	 pilates 16:45 - 17:30	 FULLBODY 17:45 - 18:30	 pilates 16:45 - 17:30	
FAT BURNING 17:45 - 18:30	 KICK BOXING LEARNING 18:00 - 19:00	 AEROBIC 17:45 - 18:30	 KICK BOXING LEARNING 18:30 - 19:30	FAT BURNING 18:15 - 19:00	
 FULLBODY 18:35 - 19:20	 TRAMPOLINES 18:15 - 19:00	TRX Suspension Training 18:35 - 19:20	 BOXING CARDIO 18:35 - 19:20	 AEROBIC GLUTES 19:00 - 19:45	
	SEMI PERSONAL 18:15-19:15		SEMI PERSONAL 18:30-19:30	SEMI PERSONAL 18:15-19:15	
 ZUMBA FITNESS 19:30 - 20:20	FAT BURNING 19:00 - 19:45	 ZUMBA FITNESS 19:30 - 20:20	 ZUMBA FITNESS 19:30 - 20:20	 pilates 19:15 - 20:00	
 KICK BOXING CARDIO 19:30 - 20:20	 YOGA 19:00 - 20:00	 KICK BOXING CARDIO 19:30 - 20:20	 STRETCHING & FOAM ROLLER 19:45 - 20:30	TRX Suspension Training 19:45- 20:30	
 pilates 20:35 - 21:20	TRX Suspension Training 19:45 - 20:30	 pilates 20:35 - 21:20	TRX Suspension Training 20:35 - 21:20		

BOOK YOUR SPOT BEFORE ENTERING GROUPS - SEMI PERSONAL AND KICK BOXING LEARNING GROUPS HAVE DIFFERENT MEMBERSHIP