

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

EARLY MORNING (VIP members only)

6.00am	SPIN & ABS		SPIN	H.I.I.T		
6:15am	STEP	BOXFIT		6:30 BODY BALANCE EXPRESS	SPIN 45	

MID MORNING

9.30am	SPIN	BODY PUMP		SPIN	BODY PUMP	<u>8am</u> RESTORATIVE YOGA starts 30th Sept
10.30am	BODY BALANCE	11am USE IT OR LOSE IT	YOGA	STEP as of 4th Oct	BODY BALANCE	<u>9am</u> BODY PUMP

LUNCHTIME

12.15pm	PILATES	BODY BALANCE	BODY PUMP EXPRESS	SPIN EXPRESS	STEP EXPRESS	<u>10am</u> SPIN 45 starts 21st Oct
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EVENING

5.30pm	SPIN	BODY PUMP	SPIN & ABS	H.I.I.T	SPIN 45	BODY BALANCE	RESTORATIVE YOGA starts 29th Sept
6:00pm	YOGA 6:30pm	YOGA	BODY PUMP				

Valid as of Monday 25th Sept 2017. Subject to change due to demand.

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