

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

EARLY MORNING (VIP members only)

6.00am	SPIN & ABS		SPIN	BODY PUMP 45		
6:15am	STEP	BOXFIT			SPIN 45	

MID MORNING

9.30am	SPIN	BODY PUMP		SPIN	BODY PUMP	<u>8am</u> BODY PUMP
10.30am	BODY BALANCE	11am USE IT OR LOSE IT	YOGA		BODY BALANCE 45	<u>9:15am</u> SPIN 45

LUNCHTIME

12.15pm	PILATES	BODY BALANCE	BODY PUMP EXPRESS	SPIN EXPRESS	YOGA	<u>9:15am</u> YOGA
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EVENING

5.30pm	SPIN	BODY PUMP	SPIN & ABS	H.I.I.T	SPIN 45	BODY BALANCE	RESTORATIVE YOGA	
6:00pm	<u>6:30pm</u> YOGA	YOGA	BODY PUMP					

Valid as of Monday 3rd April 2018. Subject to change due to demand.

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