

CLASS TIMETABLE

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
06:00							
06:30			Spinning		Spinning		
07:00		Circuits	06:45 - 07:30		06:45 - 07:30		
07:30		07:00 - 8:30					
08:00							
08:30							
09:00							
09:30				Core Toning	Taster Spin		
10:00				09:30 - 10:15	10:00 - 11:00		
10:30			Core Toning				
11:00			10:30 - 11:15				
11:30							
12:00							
12:30				Spinning			
13:00		Boxercise		12.30 - 13.15			
13:30		13:15 - 14:00					
14:00							
14:30							
15:00							
15:30							
16:00							
16:30							
17:00							
17:30				Core Toning			
18:00	AB Attack		Core Circuits	17:30 - 18:15			
18:30	18:15 - 19:00	Spinning	18:00 - 19:15				
19:00	Aqua	18:30 - 19:15					
19:30	19:15 - 20:00		Boxercise				
20:00			19:30 - 20:15				
20:30							