



CLASS TIMETABLE

Monday

CLASS	TIME
Body Attack	09:45 – 10:30
BTT	10:35 – 11:20
HIT Boxing	11:25 – 11:55
Dance Fusion	12:00 – 12:45
Adult Swim Lesson	13:30 – 14:15
Spin	18:00 – 18:45
Body Pump	18:55 – 19:40
Body Balance	19:50 – 20:35

Thursday

CLASS	TIME
Body Combat	09:30 – 10:15
BTT	10:20 – 11:05
Aqua	11:00 – 11:45
Beginner Spin	12:00 – 12:45
Pilates	13:00 – 13:45
Pilates	17:00 – 17:45
Spin	18:00 – 18:45
Core Conditioning	18:50 – 19:35
Body Attack	19:40 – 20:25

Tuesday

CLASS	TIME
Aqua	09:00 – 09:45
Body Pump	09:30 – 10:15
Aqua	10:00 – 10:45
Core Conditioning	10:20 – 11:05
Pilates	12:00 – 12:45
Paracise	13:00 – 13:45
Spin	17:40 – 18:25
Body Pump	18:30 – 19:15
Core Conditioning	19:20 – 20:05
Adult Swim Lesson	20:20 – 21:05

Friday

CLASS	TIME
BTT	09:45 – 10:30
Pilates	11:00 – 11:45
Boot Camp	16:15 – 17:00
Body Pump	17:15 – 18:00
Body Balance	18:15 – 19:00

Wednesday

CLASS	TIME
Body Attack	09:45 – 10:30
Body Pump	10:35 – 11:20
Express Yoga	17:15 – 18:00
Pilates	18:15 – 19:00
Body Combat	19:10 – 20:00
Body Balance	20:05 – 20:50

Saturday

CLASS	TIME
Yoga Fusion	08:00 – 08:45
Pilates	08:55 – 09:40
Pilates	09:50 – 10:35
Body Attack	10:45 – 11:30

Sunday

CLASS	TIME
Body Combat	09:25 – 10:20
Body Pump	10:25 – 11:20
Body Balance	11:30 – 12:15