



















Monday				12.00-12.45 Zumba 	12.45- 13.30 Pilates 			18.00-19.00 Box Fit 	19.15-20.00 Studio Cycling 
Tuesday		10.00-10.45 Shift it 	11.00 – 11.45 Zumba 		12.00-12.30 Studio Cycling 			18:00-19:00 Zumba 	
Wednesday		10.00-10.45 Studio Cycling 	11.00-11.45 Bodytone 		12.00-12.30 MMA 			17.45-18.30 Studio Cycling 	18.45-19.30 Shift It 
Thursday			10.30-11.30 MMA 		12.00-12.30 Kettle Bells 			18.00-19.00 Kettle Bells 	
Friday				11.15-12.00 Abs Blast 	12.00-12.30 Studio Cycling 			17.45-18.30 Zumba 