





















	Circuit/Boxing	Studio Cycling	Toning / Core	Health	Holistic/Relaxation	Aqua-Aerobics	Cardio					
	MORNING				AFTERNOON		EVENING					
Monday	07.00 – 08.00 VIPR Gym Floor work out (All)	09.00 – 09.45 Health Circuit	10.00 – 10.45 Studio Cycling (All)	11.30-12.15  (All)	12.15 – 13.00 Step (Int)	13.15 – 14.00 Pilates (All)	17.30 – 18.15 Core Conditioning (All)	17.00-18.00 MMA FIT /GYM FLOOR (int)	18.30 – 20.00 Stadium Runners	18.20 – 19.05 Studio Cycling (All)	19.15 – 20.00  Ind/adv	20.15 – 21.15  nd/adv
Tuesday	09.30 – 10.30 KAL CHALLENGE GYM CIRCUIT (All)	10.00-11.00  Bodybalance (ALL)	11.00 – 11.45  Ind/adv	12.00-12.45  Ind/adv	12.00 – 12.45 Aqua Fit (All)	12.45 – 13.30 Aqua Natal	17.30 – 18.15 Pilates (All)	18.15-19.15 BodyAttack 	19.20 – 20.05 Studio Cycling (All)			
Wednesday	07.00 – 08.00 Studio Cycling (All)	10.00 – 10.45 Health circuit	10.30 – 11.15 Aqua Med	11.00 – 12.00 Pilates (All)	11.15 – 12.00 Aqua Med	12.30 – 13.15  (All)	13.30 – 14.30 PALS Health Circuit	13.30 – 14.15 Aqua Fit (All)	17.00-18.00 MMA FIT Int/adv	18.00 – 19.00 Bodypump  Int/adv		
Thursday	09.00 – 09.45 Flex & Stretch (All)	10.00 – 10.45  Ind/adv	10.00 – 10.45 Aqua Fit/med (All)	11.00-11.45  (All)	12.15 – 13.00 Pilates (All)	13.30 - 14.30 Aqua Deep	14.00 – 15.00 Hatha Yoga (All)	17.30 – 18.15  (All)	18.20-19.20 Body combat  INT/ADV	18.30 – 20.00 Stadium Runners	19.20-20.20 Body balance  ALL	
Friday	07.00 – 08.00 VIPR Gym Floor work out (All)	09.00 – 09.45 Studio Cycling (All)	10.00 – 10.45  (All)	10.45-11.45 BODY BALANCE  (ALL)	12.15 – 13.00 Fitness pilates (All)	13.00 – 14.00 Ladies Flex & Stretch (All)	14.00 – 15.00 Shift it (All)	14.15 – 15.00 Aqua Fit (All)	17.30 – 18.30 Bodypump  Ind/adv	18.30 – 19.30 Boxing Circuit (All)		
Saturday	09.00 – 10.00 Step (Int)	10.00 – 10.45 Studio Cycling (All)										
Sunday	10.30 – 11.15  (All)	11.30 – 12.30 Studio Cycling (All)	15.30 – 16.15 Aqua  (All)	17.00 – 17.45  (All)								