



# CLASS TIMETABLE

|           | Morning Classes                      |  |   | Evening Classes                         |                                   |  |
|-----------|--------------------------------------|--|---|---|-----------------------------------|--|
| Saturday  | 09.30 - 10.15<br><b>Circuit</b>      |  |   |   |                                   |  |
| Sunday    | 09.30 - 10.00<br><b>Spinning</b>     | 10.05 - 10.35<br><b>Core &amp; Stretch</b> |   |   |                                   |  |
| Monday    | 10.00 - 10.45<br><b>Circuit</b>      | 11.00 - 12.00<br><b>Yoga</b>               |   | 17.30 - 18.00<br><b>Step 'n'Tone</b>    | 18.05 - 18.25<br><b>Abs blast</b> | 18.25 - 18.55<br><b>Pump</b>             |
| Tuesday   | 10.00 - 10.45<br><b>Leg Attack</b>   | 10.50 - 11.30<br><b>Pilates</b>            |   | 17.15 - 17.55<br><b>Bums &amp; Tums</b> | 18.00 - 18.30<br><b>Spinning</b>  | 18.35 - 19.05<br><b>Pump</b>             |
| Wednesday | 10.00 - 10.45<br><b>Spinning</b>     |  |   | 17.30 - 18.00<br><b>Pump</b>            | 18.05 - 18.45<br><b>Pilates</b>   | 18.50 - 19.20<br><b>Fat Loss Circuit</b> |
| Thursday  | 09.30 - 10.00<br><b>Spinning</b>     | 10.05 - 10.45<br><b>Pump</b>               | 10.50 - 11.30<br><b>Low Impact Aerobics</b> | 17.45 - 18.25<br><b>Circuit</b>         | 18.30 - 19.30<br><b>Yoga</b>      |  |
| Friday    | 09.15 - 10.00<br><b>Step Circuit</b> | 10.05 - 10.45<br><b>Bums &amp; Tums</b>    |   | 18.00 - 18.40<br><b>Circuit</b>         |                                   |  |