



# CLASS TIMETABLE

MON	TUE	WED	THU	FRI
CIRCUITS 9:15-10:00	SPIN 9:15-10:00	SPIN 9:15-10:00	SPIN 9:15-10:00	SPIN 9:15-10:00
DANCE FIT 10:15-11:00	KETTLEBELLS 10:15-11:00	POWER 10:15-11:00	RETRO FIT 10:15-11:00	PUMP IT UP 10:15-11:00
STRETCH 11:15-12:00			DANCE FIT 11:15-12:00	
CIRCUITS 17:30-18:00	STRENGTH & CONDITIONING 18:00-18:45	SWEAT 18:00-18:45	CIRCUITS 17:30-18:00	FRIDAY LIFTING CLUB 17:30-18:30
SPIN 18:05-18:50			POWER 18:30-19:30	
LADIES LIFTING 19:00-20:00				