



CLASS TIMETABLE

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