

# ZONE FITNESS

## CLASS TIMETABLE

MON	TUE	WED	THU	FRI	SAT	SUN
<b>HIIT</b> 0630 0700	<b>SPIN</b> 0915 1000	<b>HIIT</b> 0630 0700	<b>SPIN</b> 0915 1000	<b>HIIT</b> 0630 0700	<b>PUMP IT UP</b> 1000 1045	
<b>SPIN</b> 0915 1000	<b>TONE ZONE</b> 1015 1100	<b>REFIT</b> 1015 1100	<b>TONE ZONE</b> 1015 1100	<b>SPIN</b> 0915 1000	<b>YOGA</b> 1100 1145	
<b>CIRCUITS</b> 1015 1100	<b>MAT ATTACK</b> 1115 1200	<b>REV &amp; FLOW</b> 1115 1200	<b>CIRCUITS</b> 1800 1830	<b>PUMP IT UP</b> 1015 1100		
<b>SIMPLY STRETCHING</b> 1115 1200	<b>SPIN</b> 1800 1845	<b>CIRCUITS</b> 1730 1800	<b>POWER</b> 1900 2000	<b>YOGA</b> 1115 1200		
<b>CIRCUITS</b> 1730 1800		<b>KETTLEBELLS</b> 1800 1845		<b>CIRCUITS</b> 1730 1800		
<b>SPIN</b> 1805 1850						
<b>LADIES LIFTING</b> 1900 2000						

