

CLASS TIMETABLE



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
POWER HIIT	HYROX	SU YOGA	HYROX	POWER HIIT	CORE CLASS	ZUMBA
7:45 - 8:30	7:45 - 8:30	7:45 - 8:45	7:45 - 8:30	7:45 - 8:30	8:15 - 8:45	15:00 - 16:00
CYCLE BURN	STRETCH & FLOW	CYCLE BURN	PILATES	YOGALATES		
17:30 - 18:15	8:45 - 9:30	17:30 - 18:15	7:45 - 8:45	8:40 - 9:30		
SU YOGA			CYCLE BURN			
17:45 - 18:45			17:30 - 18:15			
PILATES						
19:00 - 20:00						