

FITNESS TIMETABLE

Day	Time	Class	Location
Monday	09.15-09.45	Gentle Exercise	Studio
	09.00-09.45	AquaFit	Pool
	10.00-10.45	AquaFit	Pool
	10.20-11.05	Body Pump	Studio
	11.35-12.20	Body Balance	Studio
	17.30-18.30	Body Pump	Studio
	18.30-19.15	Group Cycle	Cycle Area
	19.35-20.05	Kettlercise	Studio
	20.15-21.00	Queenax Circuits	Studio

Tuesday	10.10-10.55	Body Balance	Studio
	11.25-12.10	Body Attack	Studio
	12.25-13.10	Queenax Functional	Studio
	17.15-17.45	Group Cycle	Cycle Area
	18.05-18.50	Body Attack	Studio
	19.05-19.50	Body Step	Studio

Wednesday	09.00-09.45	AquaFit	Pool
	09.05-09.35	Queenax Functional	Studio
	09.50-10.35	Body Attack	Studio
	11.05-11.50	Kettlercise	Studio
		One Kettle per person	
	18.15-19.00	Queenax Circuits	Studio
	19.15-20.00	PiYo	Studio

Day Time Class Location

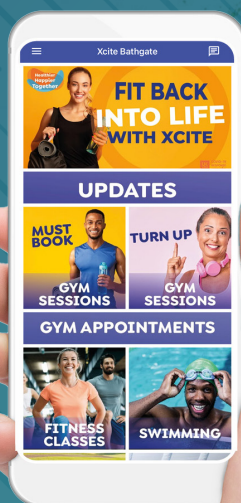
Thursday	09.00-09.45	AquaFit	Pool
	09.50-10.35	PiYo	Studio
	17.10-17.55	Zumba	Studio
	18.20-19.05	Body Pump	Studio
	19.20-20.05	Body Attack	Studio

Friday	09.00-09.45	AquaFit	Pool
	09.15-09.45	Gentle Exercise	Studio
	10.00-10.45	Body Pump	Studio
	10.55-11.40	Body Attack	Studio
	11.50-12.40	Body Balance	Studio
	18.10-18.55	Paracise	Studio
	19.20-20.05	Body Step	Studio

Saturday	9.15-10.00	HIIT Cycle	Cycle Area
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Sunday	09.30-10.15	Body Attack	Studio
	10.30-11.30	Body Pump	Studio
	11.45-12.30	P90X	Studio

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VIRTUAL FITNESS CLASSES

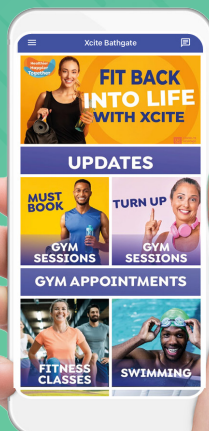
Day	Time	Class	Location
Monday	07.00-07.30	Grit Cardio	Studio
	08.00-08.30	LM Core	Studio
	12.30-13.00	LM Shbam	Studio
	11.45-12.15	LM Sprint	Cycle Area
	13.15-13.45	RPM Express	cycle Area

Tuesday	07.20-07.50	LM Sprint	Cycle Area
	09.00-09.45	Body Pump	Studio
	12.00-12.30	Sprint	Cycle Area
	13.30-14.00	Grit Cardio	Studio
	20.00-20.30	RPM	Cycle Area

Wednesday	07.00-07.30	Barre	Studio
	07.20-07.50	RPM	Cycle Area
	13.00-13.30	RPM XPRESS	Cycle Area
	12.30-13.00	LM Core	Studio
	19.50-20.35	RPM	Cycle Area

Day	Time	Class	Location
Thursday	07.20-07.50	RPM	Cycle Area
	07.30-08.15	Body Combat	Studio
	08.30-09.00	LM Core	Studio
	11.30-12.15	Body Pump	Studio
	13.00-13.30	SPRINT	Cycle Area
Friday	15.00-15.30	Barre	Studio
	19.50-20.35	RPM	Cycle Area
	07.20-07.50	RPM	Cycle Area
	08.00-08.45	Body Combat	Studio
	13.00-13.30	RPM XPRESS	Cycle Area
Saturday	18.15-19.00	RPM	Cycle Area
	10.15-11.00	Body Pump	Studio
	12.30-13.00	SPRINT	Cycle Area
	12.15-13.00	Body Combat	Studio

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