

# FITNESS TIMETABLE

STARTING JAN 1<sup>st</sup> 2020

	<i>TIME</i>	<i>CLASS</i>	<i>TYPE</i>
<b>MONDAY</b>			
	09.30 – 10.00	SPIN	Cardio
	10.00 – 10.30	KILLER ABS	Strength
	18.00 – 18.30	SPIN	Cardio
	18.30 – 19.00	L.B.T	Strength
	19.00 – 20.00	YOGA	Flexibility
<b>TUESDAY</b>			
	09.30 – 10.15	H.I.I.T	Cardio/Strength
	18.15 – 18.45	SPIN	Cardio
	18.45 – 19.15	H.I.I.T	Strength
<b>WEDNESDAY</b>			
	09.30 – 10.00	SPIN	Cardio
	10.00 – 10.30	SCULPT	Strength
	18.15 – 18.45	SPIN	Cardio
	18.45 – 19.30	PUMP	Strength
<b>THURSDAY</b>			
	09.30 – 10.15	BOXERCISE	Strength/Cardio
	18.15 – 18.45	L.B.T	Strength
	18.45 – 19.15	SPIN	Cardio
	18.45 – 19.45	PILATES	Strength
<b>FRIDAY</b>			
	09.30 – 10.00	SPIN	Cardio
	10.00 – 11.00	PILATES	Strength
<b>SATURDAY</b>			
	10.30 – 11.15	CIRCUITS	Cardio/Strength

