

# CLASS TIMETABLE

**AM.**

**MONDAY**

**TUESDAY**

**WEDNESDAY**

**THURSDAY**

**FRIDAY**

**SATURDAY**

TOTAL BODY  
06:45-07:15

SPIN  
06:45-07:15

GYM CIRCUIT  
06:45-07:15

SPIN  
06:45-07:15

SPIN  
06:45-07:15

SPIN  
09:30-10:00

PILATES  
10:00-10:45

SPIN  
09:30-10:00

GYM CIRCUIT  
09:30-10:30

PILATES  
10:00-10:45

TOTAL BODY  
09:30-10:00

SPIN  
10:00-10:30

**PM.**

PUMP  
18:15-18:45

#30  
18:15-18:45

LEGS, BUMS, TUMS  
18:15-18:45

SPIN  
18:45-19:15

SPIN  
18:45-19:15

SPIN  
18:45-19:15

PILATES  
19:15-20:00

SPIN 2  
19:15-19:45

PILATES  
19:15-20:00

**TEL: 02894433447**