

Class Timetable



<u>Monday</u>	
Indoor Cycling	06:45-7:30
Plyo Fit	12:30-13:00
Stretch	13:00-13:15
Body Conditioning	17:45-18:30
Dance Pump	18:30-19:00

<u>Tuesday</u>	
Grind	06:45-07:15
Stretch & Core	07:15-07:30
Box Fit	12:30-13:00

<u>Wednesday</u>	
Indoor Cycling	06:45-07:15
Body weight blast	12:30-13:00
Barre	13:00-13:30
Yoga	18:15-19:15

<u>Thursday</u>	
Body Conditioning	06:45-07:30
Booty Camp	12:30-13:00
Core	13:00-13:15
Circuits	18:00-18:45

<u>Friday</u>	
Indoor Cycling	06:45-7:30
Circuits	12:30-13:00
Stretch	13:00-13:15

<u>Saturday</u>	
Boxercise	10:00-11:00