

Lesson Schedule:

Monday

Time	Lesson	Room	Participants*
09:00 – 10:00 18:00 – 19:00	Bootcamp	1	20
10:00 – 11:00 19:00 – 20:00	Yoga	2	20
11:00 - 12:00 20:00 – 21:00	Pilates	1	20
13:00 – 14:00 21:00 – 22:00	Spinning	3	25

Tuesday

Time	Lesson	Room	Participants*
09:00 – 10:00 18:00 – 19:00	Body Step	1	20
10:00 – 11:00 19:00 – 20:00	Bootcamp	2	20
11:00 – 12:00 20:00 – 21:00	Yoga	1	20
13:00 – 14:00 21:00 – 22:00	Pilates	2	20

Wednesday

Time	Lesson	Room	Participants*
09:00 - 10:00 18:00 - 19:00	Spinning	3	25
10:00 - 11:00 19:00 - 20:00	Body Step	2	20
11:00 - 12:00 20:00 - 21:00	Bootcamp	1	20
13:00 - 14:00 21:00 - 22:00	Yoga	2	20

Thursday

Time	Lesson	Room	Participants*
09:00 - 10:00 18:00 - 19:00	Pilates	1	20
10:00 - 11:00 19:00 - 20:00	Spinning	3	25
11:00 - 12:00 20:00 - 21:00	Body Step	1	20
13:00 - 14:00 21:00 - 22:00	Bootcamp	2	20

Friday

Time	Lesson	Room	Participants*
09:00 - 10:00 18:00 - 19:00	Yoga	1	20
10:00 - 11:00 19:00 - 20:00	Pilates	2	20
11:00 - 12:00 20:00 - 21:00	Spinning	3	25
13:00 - 14:00 21:00 - 22:00	Body Step	2	20

Saturday

Time	Lesson	Room	Participants*
09:00 - 10:00 16:00 - 17:00	Body Step	1	20
10:00 - 11:00 17:00 - 18:00	Bootcamp	2	20
11:00 - 12:00 18:00 - 19:00	Yoga	1	20
13:00 - 14:00 19:00 - 20:00	Pilates	2	20

Sunday

Time	Lesson	Room	Participants*
09:00 - 10:00 16:00 - 17:00	Spinning	3	25
10:00 - 11:00 17:00 - 18:00	Body Step	2	20
11:00 - 12:00 18:00 - 19:00	Bootcamp	1	20
13:00 - 14:00 19:00 - 20:00	Yoga	2	20

*Due to Covid-19 limited space available. Full=Full!