



BuddyGym Class Timetables



<u>Times</u>	<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>	<u>Saturday</u>	<u>Sunday</u>
09:00 - 10:00	Zumba	Circuit	Zumba	Spin	Zumba	None	None
13:00 - 14:00	Box Fit	Aerobics	Strength	Circuit	Box Fit	Aerobics	Strength
16:00 - 17:00	Strength	Spin	Box Fit	Aerobics	Strength	Circuit	Box Fit
19:00 - 20:00	Spin	Zumba	Aerobics	Zumba	Spin	Zumba	Spin

