

Timetable

	Mon	Tue	Wed	Thu	Fri	Sat	Sun
7:00-7:45	Yoga		Spin		Yoga	Spin	
9:00-9:45		Circuits		Pilates		Circuits	Spin
10:00-10:45	Dance		Pilates		Circuits		Kettlebells
12:00-12:45				Spin			
14:00-14:45			Yoga				
18:00-18:45	Yoga		Spin				
19:00-19:45		Dance	Circuits	Kettlebells	Yoga		
20:00-20:45	Kettlebells	Spin		Pilates	Dance		