



TIMETABLE

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
07:15	BOOTCAMP	FLYOGA	CXWORX 30M	CROSSPHIVE	RPM		
09:15	PILATES						
09:30		BALANCE	PILATES	BALANCE 45M	YOGA	BALANCE 45M	
10:00	CROSSPHIVE						
10:15	POWERJUMP 45M			FLYOGA			
10:30			RPM 45M				RPM
10:30							BOOTCAMP 45M
10:45						CROSSPHIVE	
11:00		CXWORX 30M			CROSSPHIVE	BODYATTACK 45M	
11:15	SPINNING						
11:30		BODYATTACK 45M	TRX 30M	BODYPUMP 45M			CXWORX 30M
12:00						BODYPUMP	
12:30		CROSSPHIVE	GAP 45M	CROSSPHIVE	BOOTCAMP 45M		
16:30		BOOTCAMP 45M		GAP 45M			
17:15			CROSSPHIVE				
17:45	BOOTCAMP 30M	GAP 45M			BALLET	BODYCOMBAT 45M	
18:00		BODYPUMP 45M			GAP 30M		
18:00		GYM KIDS					
18:15	BODYATTACK		GAP 45M	TRX 30M			
18:15				BODYCOMBAT 45M			
18:20	CXWORX 30M						
18:30	RPM	POWERJUMP 45M	SPINNING	PILATES	CXWORX 30M	SPINNING	
18:45		BALANCE	YOGA	RPM	FLYOGA		
18:45			CXWORX 30M				
19:00	FLYOGA	PHIIT 30M		POWERJUMP 45M	ZUMBA		
19:00	BODYPUMP				CROSSPHIVE		
19:15	BODYCOMBAT	RPM	BOOTCAMP	PHIIT 30M			
19:15		ZUMBA 60M	BODYATTACK				
19:30		PILATES		BALANCE			
19:45		CXWORX 30M	FLYOGA		RPM		
20:00	SPINNING			RPM	BOOTCAMP 45M		
20:00	YOGA			BODYPUMP 45M			
20:00				BODYATTACK 45M			
20:15	CROSSPHIVE	TRX 45M	POWERJUMP 45M				
20:15	GAP	BODYCOMBAT 45M					
20:30			CROSSPHIVE				