

# **Ardeja Fitness Club Timetable**

## **Monday – Friday**

### **1. Fit Combat:**

Time: 9.15, 11.30, 14.00, 16.20  
Duration: 55 minutes  
Instructor: Arnold Schwarzenegger  
Fat Burning: \*\*\*\*\*  
Toning: \*\*\*\*

### **2. Express Spin:**

Time: 10.00, 12.30, 14.45, 17.00  
Duration: 60 minutes  
Instructor: Gunnar Petersen  
Fat Burning: \*\*\*\*\*  
Toning: \*\*\*\*\*

### **3. Flat Abs**

Time: 9:30, 11.50, 13.40, 16.00  
Duration: 35 minutes  
Instructor: Kelli Calabrese  
Fat Burning: \*\*\*\*\*  
Toning: \*\*\*

### **4. Functional Training**

Time: 9.00, 12.00, 14.50, 17.00  
Duration: 60 minutes  
Instructor: Shinead O'Brian  
Fat Burning: \*\*\*\*\*  
Toning: \*\*\*\*\*