**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: \*\*\*\*

1. **Express Spin:**

Time: 10.00, 12.30, 14.45, 17.00

Duration: 60 minutes

Instructor: Gunnar Petersen

Fat Burning: \*\*\*\*

Toning: \*\*\*\*\*

1. **Flat Abs**

Time: 9:30, 11.50, 13.40, 16.00

Duration: 35 minutes

Instructor: Kelli Calabrese

Fat Burning: \*\*\*\*\*

Toning: \*\*\*

1. **Functional Training**

Time: 9.00, 12.00, 14.50, 17.00

Duration: 60 minutes

Instructor: Shinead O’Brian

Fat Burning: \*\*\*\*

Toning: \*\*\*\*