

October 2019

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
30	1	2	3	4	5	6
09:00 Turbo Bike	11:00 Pilates	13:00 TSB	10:00 Strechting	09:00 Fat burning	12:00 Zumba	12:00 Pilates
7	8	9	10	11	12	13
19:00 Body shape	13:00 Turbo Bike		16:00 Zumba			13:00 Zumba
14	15	16	17	18	19	20
18:00 Zumba		13:00 Strechting		16:00 Zumba	16:00 Zumba	
21	22	23	24	25	26	27
17:00 TCB	16:00 Fat Burning	14:00 Zumba	17:00 Fat burning	10:00 Turbo Bike		
28	29	30	31	1	2	3
16:00 Pilates		16:00 Pilates	15:00 Strechting			

28

16:00 Pilates

29

30

16:00 Pilates

31

15:00 Strecthing

1

2

3