

Covent Garden

MONDAY

- 12:30 AbSolution**
Gym (30 mins)
- 13:00 Yoga Dynamic Flow**
Karl (60)
- 18:30 Body Pump**
Matt (60)
- 19:30 Yoga Dynamic Flow**
Norman (90)

TUESDAY

- 12:45 AbsXpress**
Gym (15 mins)
- 13:00 Spinning**
Wayne (45)
- 18:00 Extreme Cardio**
Tony (30)
- 18:30 Yoga Beginners**
Karl (60)

WEDNESDAY

- 12:45 AbsXpress**
Gym (15 mins)
- 13:00 Yoga Dynamic Flow**
Cat (60)
- 18:00 AbsXpress**
Gym (15 mins)
- 18:30 Spinning**
Justin (45)
- 19:30 Tai Chi**
Arthur (90)

THURSDAY

- 12:45 AbsXpress**
Gym (15 mins)
- 13:00 Pilates Ball**
Alvin (45)
- 19:00 Yoga Dynamic Flow**
Martin (90)

FRIDAY

- 12:30 AbsXpress**
Gym (15 mins)
- 18:00 AbSolution**
Tony (30 mins)
- 18:30 Spinning**
Jazz (45)

SATURDAY

- 11:00 Yoga Dynamic Flow**
Clare (90 mins)

SUNDAY

NEW

06-Apr-10