

Covent Garden

MONDAY

12:45 AbsXpress
Gym (15)
13:00 Soho Circuit
Lorella (30)
18:30 Body Pump
Matt (60)
19:30 Yoga Dynamic Flow
Inna (90)

TUESDAY

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

WEDNESDAY

12:45 AbsXpress
Gym (15)
13:00 Yoga Dynamic Flow
Nicola (60)
18:00 AbsXpress
Gym (15)
18:30 Spinning
Patrick (45)
19:30 Tai Chi
Nancy (90)

THURSDAY

12:45 AbsXpress
Gym (15)
13:00 Pilates Ball
Alvin (45)
18:30 Yoga Hatha
Richard (60)

FRIDAY

12:45 AbsXpress
Gym (15)
13:00 Zumba
Lene (45)
18:00 AbSolution
Tony (30)
18:30 Spinning
Jenne (45)

SATURDAY

11:00 Yoga Dynamic Flow
Clare (90)

SUNDAY

NEW

03-Jan-12