

Earls Court

MONDAY

10:30 yoga beginners

Mark (75)

12:30 bodypump

Laura (60)

17:45 absXpress

Gym (15)

18:00 total body conditioning

Leo (45)

18:45 body combat

Leo (45)

19:30 yoga dynamic

Karl (75)

TUESDAY

07:15 absXpress

Gym (15)

09:15 bodypump

Sophie (60)

12:30 street dance

Jurgita (45)

18:00 pilates

Cynthia (60)

19:00 bodypump

Belinda (60)

20:00 muay thai kickboxing

Damon (60)

WEDNESDAY

07:00 yoga power

Martin (60)

09:15 power sculpt

Brian (60)

13:00 pilates

Sarit (60)

18:15 aerodance

Arnaud (45)

19:00 bodypump

Arnaud (45)

19:45 step & sculpt

Brian (60)

THURSDAY

10:30 tai chi

Nancy (90)

12:30 power sculpt

Brian (45)

18:15 bodypump

Giorgio (45)

19:00 bodyattack

Giorgio (45)

19:45 pilates

Sarit (60)

FRIDAY

09:15 total body conditioning

Jurgita (60)

12:30 yoga power

Karl (60)

18:15 absXpress

Gym (15)

18:30 yoga beginners

Mark (60)

SATURDAY

09:30 pilates

Jade (60)

10:30 bodyattack

Denver (60)

11:30 bodypump

James (60)

12:30 body combat

James (60)

SUNDAY

NEW

12-Jan-09

10:30 abSolution

Jurgita (30)

11:00 total body conditioning

Jurgita (60)

14:00 yoga dynamic

Martin (90)