

Earls Court

MONDAY

- 10:30 yoga beginners**
Bryony (75)
- 12:30 bodypump**
Roo (60)
- 17:45 absXpress**
Gym (15)
- 18:00 total body**
Leo (45)
- 18:45 body combat**
Leo (45)
- 19:30 yoga dynamic**
Karl (75)

TUESDAY

- 09:15 bodypump**
Sophie (60)
- 12:30 step & sculpt**
Gosia (45)
- 18:00 pilates**
Eva-Marie
- 19:00 bodypump**
tbc (60)
- 20:00 muay thai kickboxing**
Damon (60)

WEDNESDAY

- 09:15 power sculpt**
Brian (60)
- 13:00 pilates**
Dalia (60)
- 18:15 body combat**
Bruno (45)
- 19:00 bodypump**
Bruno (45)
- 19:45 step & sculpt**
Brian (60)

THURSDAY

- 10:30 tai chi**
Nancy (90)
- 12:30 power sculpt**
Brian (45)
- 18:15 bodypump**
Arnaud (45)
- 19:00 bodyattack**
Arnaud (45)
- 19:45 pilates**
Dalia (60)

FRIDAY

- 09:15 total body**
Anne-Mette (60)
- 12:30 yoga dynamic flow**
Karl (60)
- 18:15 absXpress**
Gym (15)
- 18:30 yoga beginners**
Amanda (60)

SATURDAY

- 09:30 pilates**
Scott (60)
- 10:30 bodyattack**
Siobhan (60)
- 11:30 bodypump**
Siobhan (60)
- 12:30 body combat**
Gil (60)

SUNDAY

- 09:30 Zumba**
Luis (60)
- 10:30 abSolution**
Kamila (30)
- 11:00 total body**
Kamila (60)
- 16:00 yoga hatha**
Caroline (90)

NEW

03-Jan-12