



STUDIO

BOW WHARF GROUP EXERCISE TIMETABLE

From January 2018

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
MORNING	SPINNING® 06:45 - 07:30 Studio Kamil		SPINNING® 06:45 - 07:30 Studio Tank			HATHA YOGA 10:00-11:00 Chisendale Olivia	DRILL: 10:00-10:50 Chisendale Yaw
LUNCH	DRILL: 13:30 -14:00 Gym Fitness Team		DRILL: 12:30 -13:00 Gym Fitness Team	CYCLE-TOUR 13:00 -13:45 Studio Nadine		HIIT-CYCLE 11:00 -12:00 Studio Nadine	3:5:15 HIIT 11:30 -11:45 Gym Fitness Team
EVENING	3:5:15 HIIT 18:15 -18:35 Gym Fitness Team	3:5:15 HIIT 18:15 -18:30 Gym Fitness Team	3:5:15 HIIT 18:15 -18:30 Gym Fitness Team	3:5:15 HIIT 18:15 -18:35 Gym Fitness Team	3:5:15 HIIT 17:45 -18:00 Gym Fitness Team	3:5:15 HIIT 11:30 -11:45 Gym Fitness Team	
	CYCLE 18:30-19:15 Studio Nadine	3:5:15 HIIT 18:30 -18:50 Gym Fitness Team	3:5:15 HIIT 18:30 -18:50 Gym Fitness Team	3:5:15 HIIT 18:35-18:50 Gym Fitness Team	3:5:15 HIIT 18:15 -18:30 Gym Fitness Team		
	3:5:15 HIIT 18:35 -18:50 Gym Fitness Team	3:5:15 HIIT 18:50 -19:05 Gym Fitness Team	3:5:15 HIIT 18:50 -19:05 Gym Fitness Team	3:5:15 HIIT 18:50-19:10 Gym Fitness Team			
	3:5:15 HIIT 18:50-19:10 Gym Fitness Team	SPINNING® 19:00 -19:45 Studio Francesca S	CYCLE-TOUR 19:00 -19:45 Studio Para	SPINNING® 19:00 -19:45 Studio Tank			
	PILATES 19:00-20:00 Chisendale Ricky		INSANITY® 19:00-19:50 Chisen- dale Sylvia				

KEY

EXCLUSIVE SOHO	HIIT
HOLISTIC	CYCLE
STRENGTH	COMBAT
DANCE	