



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
MORNING	★ SOFUNCTIONAL ATHLETIC 07:15 - 08:00 Kinga <i>NEW</i>	★ SPINNING® 07:15-08:00 Claudia <i>NEW</i>	INSANITY® 09:15-10:00 Bella	HIIT CYCLE 09:15-10:00 Luis	BODYATTACK™ 09:15-10:15 Akiko	PILATES 09:30-10:30 Massimo	ZUMBA® 09:30-10:30 Deby
	VINYASA FLOW YOGA 10:30-11:45 Melanie					BODYATTACK™ 10:30-11:30 Dean	SOFUNCTIONAL CORE 10:30-11:00 Renee
LUNCH	BODYPUMP™ 12:30-13:30 Veronica M	BODYATTACK™ 12:30-13:15 Akiko			DYNAMIC FLOW YOGA 12:30-13:30 Karl	BODYPUMP™ 11:30-12:30 Dean	SOFUNCTIONAL STRENGTH 11:00-12:00 Renee
						SPINNING® 12:45-13:30 Jenny	VINYASA YOGA 13:00-14:00 Victoria
						INSANITY® 13:30-14:20 Bella	
EVENING	3:5:15 17:45 - 18:00 Fitness Team	3:5:15 17:45 - 18:00 Fitness Team	3:5:15 17:45 - 18:00 Fitness Team	3:5:15 17:45 - 18:00 Fitness Team	3:5:15 18:15 - 18:30 Fitness Team		
	BODYATTACK™ 18:00-18:45 Eleanor	PILATES 18:00-19:00 Massimo	BODYCOMBAT™ 18:15-19:00 Veronika	BODYPUMP™ 18:00-19:00 Jade M	POWER YOGA 18:30-19:30 Debbie B		
	BODYPUMP™ 18:45-19:30 Eleanor	BODYPUMP™ 19:00-20:00 Citi	SPINNING® 19:00-19:45 Veronika	INSANITY® 19:00-19:45 Shara			
	DYNAMIC FLOW YOGA 19:40-20:55 Karl	MUAY THAI KICKBOXING 20:10-21:10 Joshua	BODYATTACK™ 19:45-20:45 Kyode	PIYO® 19:45-20:45 Shara			

KEY

★ NEW	SWEAT
FIGHT	SHAPE
DANCE	FOCUS

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