

EC	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
MORNING	INSANITY® 07:00 - 07:45 Shara	BIKE - Sprint 7:15 - 08:00 Francesca	BROKEN 09:15-10:00 Bella	SPINNING® 09:15-10:00 Bella	BODYPUMP™ 9.15-10.15 Akiko	PILATES 09:30-10:30 Massimo	ZUMBA® 09:30-10:30 Deby
	POP PILATES 10:30-11:30 Paola					BODYATTACK™ 10:30-11:30 Vicky T	CORE 10:30-11:00 Renee
LUNCH	BODYPUMP™ 12:30-13:30 Veronica M	LEGS, TUMS & BUMS 12:30-13:15 Bella	BODYPUMP™ 12:30-13:15 Akiko	BODYATTACK™ 12:30-13:15 Ayshe	YOGA 12:30-13:30 Alfia	BODYPUMP™ 11:30-12:30 Vicky T	STRENGTH 11:00-12:00 Renee
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	BIKE-HIIT 18:00 - 18:45 Para	BIKE-HIIT 12:45-13:30 Jennie	YOGA 13:00-14:00 Victoria B
	BODYATTACK™ 18:00-18:45 Charlotte	PILATES 18:00-19:00 Massimo	BODYCOMBAT™ 18:15-19:00 Ebba	BODYPUMP™ 18:00-19:00 Mariia	YOGA 18:45-19:45 Alice L		
	BODYPUMP™ 18:45-19:30 Charlotte	BODYPUMP™ 19:00-20:00 Cilu	BIKE-HIIT 19:00-19:45 Daz	INSANITY® 19:00-19:45 Shara			
	YOGA 19:40-20:55 Alfia	FIGHT FIT 20:05-20:50 Hosam		PiYo® 19:45-20:45 Shara			

KEY	
EXCLUSIVE SOHO	HIIT
HOLISTIC	BIKE
STRENGTH	COMBAT
DANCE	