

HO	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
MORNING						YOGA 11:00 - 12:30 Clare	
LUNCH	3:5:15 12:15 - 12:30 Gym Team	BARRE 12:30-13:15 Olianna	3:5:15 12:15 - 12:30 Gym Team		3:5:15 12:00 - 12:15 Gym Team		3:5:15 12:45 - 13:00 Gym Team
	FIGHT KLUB 12:30-13:15 Fight Klub Tribe	YOGA 13:15-14:00 Alfia	BODYPUMP™ 12:30-13:15 Jac	YOGA 12:45 - 13:30 Alice	BARRE 12:30-13:15 Leighton		
	PILATES 13:15 - 14:00 Chaeli						
EVENING	CORE 18:00-18:30 Lorella	3:5:15 17:45-18:00 Gym Team	BARRE 18:00-18:45 Leighton	DRILL 18:00- 18:45 Tony	3:5:15 17:45 - 18:00 Gym Team		
	BODYPUMP™ 18:30-19:30 Jade C	HIIT 18:00 - 18:45 Tony		BROGA® 18:45 - 19:45 Matt M	CORE WHEEL 18:00-18:30 Tony		
		FIGHT KLUB 18.50-19.30 Fight Klub Tribe			BODYPUMP™ 18:30- 19:15 Jennie		

KEY	
EXCLUSIVE SOHO	HIIT
HOLISTIC	BIKE
STRENGTH	COMBAT
DANCE	