



GROUP FITNESS TIMETABLE

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
8:00 AM						BODYPUMP Alison (30 min)	
8:30 AM						CORE Alison (30 min)	
9:00 AM						BODYSTEP Michael (30 min)	
9:30 AM	BODYPUMP Lizzy (60 min)	POUND Jesy (30 min)	BODYPUMP HEAVY Alison (30 min)	BOLLYWOOD Anchal (60 min)	ZUMBA Ruth (60 min)	BODYATTACK Michael (30 min)	
10:00 AM		POP  PILATES Jesy (45 min)	CORE Alison (30 min)			ZUMBA Tabs (60 min)	
10:30 AM	MAT PILATES Lizzy (60 min)						ZUMBA Brody (60 min)
11:00 AM						 YOGA FLOW Deepika (60 min)	

5:30 PM	BODYPUMP HEAVY Michael (60 min)	BODYATTACK Michael (45 min)	POP  PILATES Kristen (45 min)				
6:00 PM				BODYPUMP Marjana (60 min)	 YOGA FLOW Luisa (60 min)		
6:15 PM		 YOGA FLOW Luisa (60 min)	BODYSTEP Michael (45 min)				
6:30 PM	ZUMBA William (60 min)						
7:00 PM			ZUMBA Tabs (60 min)	ZumbaStep Tabs (60 min)	BELLY DANCE Nadia (60 min)		
7:15 PM		POUND Jesy (45 min)					
7:30 PM	 YOGA FLOW Jasenska (60 min)						
8:00 PM		ZUMBA Brody (60 min)					

GENFIT TIMETABLE

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:00 AM	HYBRID	STRENGTH	CONDITIONING	STRENGTH	HYBRID		
7:00 AM	HYBRID	STRENGTH	CONDITIONING	STRENGTH	HYBRID		
8:15 AM						mayhem super session	COMMUNITY CLASS. Free for all members
9:30 AM	HYBRID	STRENGTH	CONDITIONING	STRENGTH	HYBRID	BOXING	TERMINATOR

5:30 PM	HYBRID	STRENGTH	CONDITIONING	STRENGTH	HARDCORE		
			BOXING				
6:30 PM	HYBRID	STRENGTH	CONDITIONING	STRENGTH			
7:30 PM	CALISTHENICS						

REFORMER TIMETABLE

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:00 AM	flow Jesy	PERFORM Jesy		PERFORM Jesy			
7:15 AM						PERFORM Brooke/Nat	
8:15 AM						PERFORM Brooke/Nat	
8:30 AM	flow Taylor	PERFORM Nel	flow Deepika	PERFORM Nel	flow Nel		
9:15 AM						PERFORM Brooke/Nat	
9:30 AM	flow Taylor	PERFORM Nel	flow Deepika	PERFORM Nel	flow Nel		flow Nel
10:30 AM							recover Nel

5:15 PM	flow Jesy	PERFORM Evelin	flow Lore	PERFORM Natalie			
6:15 PM	flow Jesy	PERFORM Evelin	flow Lore	PERFORM Natalie			
7:15 PM		recover Evelin					