

GROUP FITNESS TIMETABLE

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
8:00 AM						BODYPUMP HEAVY Alison (30 min)	
8:30 AM						CORE Alison (30 min)	
9:00 AM						BODYATTACK Michael (30 min)	
9:30 AM	BODYPUMP Helena (60 min)	POP  PILATES Jesy (45 min)	ACTIVE ADULTS Lizzy (60 min)	BOLLYWOOD Anchal (60 min)	ZUMBA Ruth (60 min)	BODYSTEP Michael (30 min)	
10:00AM						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)				
5:45 PM				BODYPUMP Marjana (60 min)			
6:00 PM							
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 Jasenka (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 <i>super session</i>	COMMUNITY CLASS. Free for all members
9:30 AM	HYBRID	STRENGTH	CONDITIONING	STRENGTH	HYBRID	BOXING	

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	
8:15AM						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 Chanel
10:30 AM							flow Chanel

5:15 PM	flow Jesy	PERFORM Evelin	flow Jeffrey	PERFORM Natalie			
6:15 PM	flow Jesy	PERFORM Evelin	flow Jeffrey	PERFORM Natalie			
7:15 PM		PERFORM Evelin					