

		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY						
MORNING 6am til 12pm	09:30 - 09:45	Abs Lukasz	09:30-10:00 Gym Floor	Gym Induction PT	09:30 - 09:45 Studio	Abs Lukasz	09:30 - 10:00 Gym Floor	Gym Induction PT	09:30 - 10:00 Gym Floor	Gym Induction PT	09:30 - 10:00 Spin Studio	Spin Sunny		
	10:00 - 10:45	LBT Lukasz	10:15 - 11:00 Spin Studio	Spin Sunny	10:00 - 10:45 Studio	BodyConditioning Lukasz	10:00 - 10:45 Studio	Zumba Sunny	10:00 - 10:45 Studio	Zumba Tanya	10:05 - 10:50 Studio	BodyConditioning Sunny	10:00 - 10:45 Studio	LBT Lukasz
	11:00 - 11:45	Spin Francisca	11:15 - 12:00 Studio	BodyPump Sunny	11:00 - 11:45 Studio	HIIT Yuki	11:00 - 11:45 Studio	LBT (Ladies) Mavis	11:00 - 11:45 Studio	Spin Francisca	11:00 - 11:45 Studio	BodyBalance Sunny	11:00 - 11:45 Studio	Yoga Magda
DAYTIME 12pm til 5pm														
EVENING 5pm til 10pm	18:00 - 18:45	BodyPump Sunny	18:00 - 18:45 Studio	Zumba Sunny	18:00 - 18:45 Studio	Zumba Eva	18:00 - 18:45 Spin Studio	Spin Sunny	18:00 - 18:45 Studio	BodyPump Sunny				
	19:00 - 19:45	Zumba Sunny	18:00 - 18:30 Gym Floor	Gym Induction PT	19:00 - 19:45 Studio	HIIT Sunny	18:00 - 18:30 Gym Floor	Gym Induction PT	19:00 - 19:30 Studio	HIIT Sunny				
	19:00 - 19:30	Gym Induction PT	19:00 - 19:45 Spin Studio	Spin Sunny	19:00 - 19:30 Gym Floor	Gym Induction PT	19:00 - 19:15 Gym Floor	Abs PT	19:30 - 19:45 Studio	Abs Sunny				
	19:15 - 20:00	BoxFit Shub	19:15 - 19:30 Gym Floor	Abs PT	19:15-20:00 Gym Floor	BoxFit Shub	19:30 - 20:00 Gym Floor	Gym Induction PT	20:00 - 20:30 Gym Floor	Gym Induction PT				
	20:00 - 20:45	Yoga Magda	20:00 - 20:45 Studio	BodyBalance Sunny	20:00 - 20:45 Studio	Yoga Magda	20:00 - 20:45 Studio	BodyBalance Yuki						

	CARDIO		MIND/BODY
	STRENGTH		DANCE
	INTERVAL		INDUCTION

There is no booking system for classes. Please turn up in good time and take your place in the studio. If all places are full, please join a later class.