

CLASS TIMETABLE



Effective from 1st Jan 2018

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
7am		Spinning 45 mins			Spinning 45 mins		
9.30am							
10am							Spinning 1 hour
11.30am						Pilates 1 hour	
12pm				Pilates 1 hour			
5pm					Forest Yoga 1 hour		
6pm			Spinning 45 mins				
6.15pm	Spinning 45 mins				Spinning 45 mins		
6.30pm		Ab tastic 30 mins					
6.45pm			Piyo 45 mins				
7pm	Spinning 45 mins	Boxfit 45 mins		Kettlebells 1 hour			
8pm							

