

FITNESS TIMETABLE

JANUARY - MAY 2020

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
SPIN 7.30 - 8.00 Movement Studio	TABATA 7.30 - 8.00 Fitness Area	SPIN 7.30 - 8.00 Movement Studio	LBT 7.30 - 8.00 Fitness Area	TOTAL BODY STRENGTH 7.45- 8.45 Fitness Area	CORE 9.30 - 10.00 Movement Studio	CORE 9.30 - 10.00 Movement Studio
SPIN 7.30 - 8.30 Spin Area	SPIN 8.00 - 8.30 Spin Area	SPIN 7.30 - 8.00 Spin Area	SPIN 8.00 - 8.30 Spin Area	SPIN 12.15 - 12.45 Spin Area	SPIN 10.00 - 10.30 Movement Studio	SPIN 10.00 - 10.30 Movement Studio
BODY BLAST 8.00 - 8.30 Movement Studio	SPIN 12.15 - 12.45 Spin Area	BODY BLAST 8.00 - 8.30 Movement Studio	SPIN 12.15 - 12.45 Spin Area	YOGA 12.15 - 13.00 Movement Studio		SPIN 13.30 - 14.00 Spin Area
CORE 8.00- 8.30 Fitness Area	SPIN 12.15 - 12.45 Movement Studio	FULL BODY 8.00 - 8.30 Fitness Area	SPIN 12.15 - 12.45 Movement Studio	FULL BODY 12.45 - 13.15 Fitness Area		CORE 14.00- 14.30 Fitness Area
PILATES 12.15 - 13.00 Sports Hall	YOGA 12.15 - 13.00 Sports Hall	SPIN 12.15 - 12.45 Spin Area	YOGA 12.15 - 13.00 Sports Hall	BOXFIT 16.45 - 17.15 Fitness Area		
PILATES 12.15 - 13.00 Gymnasium	LBT 12.45 - 13.15 Fitness Area	PILATES 12.15 - 13.00 Sports Hall	TABATA 12.45 - 13.15 Fitness Area	SPIN 17.30 - 18.00 Movement Studio		
SPIN 12.15 - 12.45 Spin Area	CORE 12.45 - 13.15 Fitness Area	YOGA 12.15 - 13.00 Movement Studio	CORE 12.45 - 13.15 Fitness Area	SPIN 17.30 - 18.15 Spin Area		
FULL BODY 12.45 - 13.15 Fitness Area	CORE 16.45 - 17.15 Fitness Area	CORE 12.45 - 13.15 Fitness Area	CIRCUITS 17.15 - 18.00 Sports Hall	BODY BLAST 18.00 - 18.30 Movement Studio		
TABATA 16.45 - 17.15 Fitness Area	YOGA 17.15 - 18.00 Gymnasium	LBT 16.45 - 17.15 Fitness Area	CIRCUITS 17.30 - 18.15 Movement Studio	CORE 18.30 - 19.00 Movement Studio		
SPIN 17.30 - 18.15 Spin Area	CIRCUITS 17.30 - 18.30 Sports Hall	POP PILATES 17.15 - 18.00 Sports Hall	CORE 18.05- 18.35 Fitness Area			
SPIN 17.30- 18.15 Movement Studio	LBT 17.30 - 18.15 Movement Studio	SPIN 17.30 - 18.15 Spin Area	LBT 18.15 - 19.00 Movement Studio			
BODY BLAST 18.15 - 19.00 Movement Studio	SPIN 18.15 - 19.00 Movement Studio	SPIN 17.30- 18.00 Movement Studio	SPIN 19.00 - 19.30 Movement Studio			
		BODY BLAST 18.00 - 18.30 Movement Studio				
		CORE 18.30 - 19.00 Movement Studio				