

FITNESS TIMETABLE



STUDIO TIMETABLE													
MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY		SATURDAY		SUNDAY	
Time	Class	Time		Time	Class	Time	Class	Time	Class	Time	Class	Time	Class
06.30AM	HIIT			06.30AM	HIIT			06.30am	HIIT	08.00am	Yoga Infusion	09.30am	BODYCOMBAT●
09.30am	BODYATTACK	09.00am	Power Ab's	09.30am	BODYATTACK	09.30am	BODYCOMBAT	09.30am	BTT	09.00am	Pilates	10.15am	BODYPUMP●
10.30am	BTT	09.30am	BODYPUMP	10.30am	BODYPUMP●	10.30am	BTT●	10.20am	Yoga	10.00am	BODYATTACK	11.00AM	GAZCAMP
18.15pm	Spin	10.30am	Pilates	11.15am	BODYBALANCE	13.00pm	Pilates	11.30am	Zumba				
19.00pm	BODYPUMP	11.30am	FitSteps	17.15pm	Express Yoga	18.15pm	Spin●						
20.00PM	BODYBALANCE	18.00pm	Power Ab's	17.45pm	Pilates	19.00pm	Pilates						
		18.30pm	BODYPUMP●	18.30pm	GAZCAMP								
		19.15pm	BODYCOMBAT	19.20pm	BODYPUMP●								

CLUB TIMETABLE													
		TUESDAY		WEDNESDAY		THURSDAY							
Time	Class	Time	Class	Time	Class	Time	Class						
09.00am	AQUA●	19.30pm	AQUA●	11.30am	AQUA●								
10.00am	AQUA●												

EXERCISE TYPE & INTENSITY SCALE

HIIT/ MetaFit	Cardio	***	PAD's	Conditioning	***	FitSteps	Dance	**	
BODYATTACK	Cardio	***	Spin	Cardio	***	Zumba	Dance	**	Low*
BTT	Conditioning	**	BODYPUMP	Conditioning	***	Sh'Bam	Dance	**	Medium**
Pilates	Mind and Body	**	Yoga	Mind and Body	**	AQUA	Cardio	**	High***
BODYBALANCE	Mind and Body	**	Circuits	Conditioning	***	S1-6	Kids		45min Class●