



# CLASS TIMETABLE

## Monday

CLASS	TIME
Body Attack	09:45 - 10:30
BTT	10:35 - 11:20
Dance Fusion	12:00 - 12:45
Adult Swim Lesson	13:30 - 14:15
Spin	18:00 - 18:45
Body Pump	18:55 - 19:40
Body Balance	19:50 - 20:35

## Thursday

CLASS	TIME
Body Combat	09:30 - 10:15
BTT	10:20 - 11:05
Aqua	11:00 - 11:45
Beginner Spin	12:00 - 12:45
Pilates	13:00 - 13:45
Pilates	17:00 - 17:45
Spin	18:00 - 18:45
Core Conditioning	18:50 - 19:35
Body Attack	19:40 - 20:25

## Tuesday

CLASS	TIME
Aqua	09:00 - 09:45
Body Pump	09:30 - 10:15
Aqua	10:00 - 10:45
Core Conditioning	10:20 - 11:05
Pilates	12:00 - 12:45
Barre Fusion	13:00 - 13:45
Spin	17:40 - 18:25
Body Pump	18:30 - 19:15
Core Conditioning	19:20 - 20:05
Adult Swim Lesson	20:20 - 21:05

## Friday

CLASS	TIME
BTT	09:45 - 10:30
Pilates	12:30 - 13:15
Body Pump	17:15 - 18:00
Body Balance	18:15 - 19:00

## Wednesday

CLASS	TIME
Body Attack	09:45 - 10:30
Body Pump	10:35 - 11:20
Express Yoga	17:15 - 18:00
Pilates	18:15 - 19:00
Body Combat	19:10 - 19:55
Body Balance	20:00 - 20:45

## Saturday

CLASS	TIME
Yoga Fusion	08:00 - 08:45
Pilates	08:55 - 09:40
Pilates	09:50 - 10:35
Body Attack	10:45 - 11:30

## Sunday

CLASS	TIME
Spin	08:30 - 09:15
Body Pump	09:25 - 10:10
Body Balance	10:15 - 11:00