

	MORNING CLASSES		AFTERNOON CLASSES		EVENING CLASSES			
<b>MONDAY</b>	7:15 - 8:00 CYCLE (CS)		12:15 - 13:00 CIRCUITS (SH)	12:15 - 13:15 YOGA (MB)	17:30 - 18:15 CYCLE (CS)	17:30 - 18:30 LBT (AS)	17:30 - 18:30 ZUMBA (MB)	18:30 - 19:30 PILATES (MB)
<b>TUESDAY</b>	7:15 - 8:15 YOGA (MB)		13:00 - 14:00 PILATES (MB)	13:00 - 13:45 CYCLE (CS)	17:30 - 18:30 BODY CON (AS)	17:30 - 18:30 YOGA (MB)		
<b>WEDNESDAY</b>	7:15 - 8:00 CYCLE (CS)		12:15 - 13:00 CIRCUITS (SH)	13:00 - 14:00 YOGA (MB)	17:30 - 18:30 BOXING FIT (AS)	17:30 - 18:30 YOGA-LATES (MB)	18:00 - 18:45 CYCLE (CS)	
<b>THURSDAY</b>			12:15 - 13:15 PILATES (MB)		17:30 - 18:15 CYCLE (CS)	17:30 - 18:30 LBT (AS)	17:30 - 18:30 YOGA (MB)	18:30 - 19:30 ZUMBA (AS)
<b>FRIDAY</b>	7:15 - 8:15 YOGA (MB)		12:15 - 13:00 CIRCUITS (SH)		17:30 - 18:30 DANCE FIT (AS)	17:30 - 18:30 YOGA (MB)		
<b>SATURDAY</b>	11:00 - 12:00 ZUMBA (AS)	11:00 - 12:00 YOGA (MB)						

(SH) - Sports Hall  
(MB) - Mind & Body Studio  
(CS) - Cycle Studio  
(AS) - Active Studio