

GROUP CLASS PROGRAM

MONDAY	08.00-08.45	HIIT	17.00-17.45	BOOTY SHAPE
	09.00-10.00	BODYSHAPE		
	10.15-11.15	ZUMBA		
TUESDAY	08.00-08.45	HIIT	18.00-19.00	BODY SHAPE
	09.00-10.00	PILATES	19.00-20.00	BODYPUMP
	10.15-11.15	BODYPUMP	20.00-21.00	BOX FIT
WEDNESDAY	08.00-08.45	HIIT	18.00-19.00	BBB
	12.30-13.30	BODYPUMP	19.00-20.00	HIIT
			20.00-21.00	ZUMBA
THURSDAY	08.00-08.45	HIIT	20.00-21.00	BODYPUMP
	09.00-10.00	BBB		
	12.30-13.30	BODYPUMP		
FRIDAY	09.00-10.00	PILATES		
	10.15-11.15	YOGA		
SATURDAY	09.00-10.00	BODYPUMP		
SUNDAY	10.15-11.15	BOX FIT		

PWRFULL



OPEN GYM: WEEKDAYS: 07.00-22.00 WEEKENDS: 09.00-15.00

