



STRENGTH



CARDIO



MIND&BODY



DANCE



FEATURE CLASS

	6.00am	7.00am	8.00am	8.00am	8.30am		6.00pm	6.00pm	7.00 pm	8.10 pm
MONDAY		★ Calisthenics	🧘 PILATES	❤️ SPINNING			🧘 YOGA		📊 ZUMBA	★ TABATA
TUESDAY			🧘 PILATES				🏋️ Strength & Conditioning	❤️ SPINNING	🏋️ LES-MILLS BODY PUMP	★ ANIMAL FLOW
WEDNESDAY		🏋️ Strength & Conditioning	❤️ Circuit Training	❤️ SPINNING			HIGH-INTENSITY INTERVAL TRAINNING		❤️ LES-MILLS BODY COMBAT	
THURSDAY			📊 ZUMBA				📊 BOLLYWOOD DANCE	❤️ SPINNING	★ ANIMAL FLOW	🧘 YOGA
FRIDAY			🏋️ Strength & Conditioning	❤️ SPINNING			🧘 YOGA		🏋️ LES-MILLS BODY PUMP	
	6.30am		8.00am	9.00am	10.00am		6.00pm	6.00pm	7.00 pm	8.00 pm
SATURDAY			📊 BOLLYWOOD DANCE	🧘 YOGA				❤️ SPINNING	🧘 YOGA	
SUNDAY					🏋️ LES-MILLS BODY PUMP				🏋️ Strength & Conditioning	