



STUDIO/ONLINE CLASS TIMETABLE

Summer 2022

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MONDAY	9.30 -10.00 Kettlebells STUDIO & ONLINE	10.10 - 10.40 *New* SpinXpress	10.50 -11.50 Yogalates		18.00 -18.40 Step 40 STUDIO & ONLINE	18.50 -19.20 Pump & Tone	19.30 - 20.00 SpinXpress
TUESDAY	9.30 -10.00 Spin Decades	10.10 -11.10 Power Pilates			17.30 -18.00 Total Toning	18.10 - 18.40 Spin Decades	18.50 -19.30 Dance fever
WEDNESDAY	9.30 -10.30 *New* Mash up			12.30 - 13.00 SpinXpress	17.30 -18.30 Power Pilates	18.35-19.20 Tae bo/boxhiit STUDIO & ONLINE	
THURSDAY	9.30 -10.00 Step 30	10.10 -10.40 Arms/Abs blast STUDIO & ONLINE	10.50 -11.20 SpinXpress	11.30 -12.30 Pilates joint & Backcare	17.30 -18.00 Kettlebells	18.10 - 18.40 SpinXpress	18.50 - 19.50 Pure Pilates
FRIDAY	9.30 -10.00 SpinXpress	10.10 -11.10 Pilates STUDIO & ONLINE			17.15 - 17.45 SpinXpress	17.55 - 18.25 Arms/Abs blast	
SATURDAY	9.30 - 10.30 *New* Pump Fit STUDIO & ONLINE				* Pre-recorded online – Over 300 classes available to choose from anytime/anywhere.		
SUNDAY	9.30 - 10.00 SpinXpress	10.10 - 10.40 Strength & Conditioning			* Live-online - 1ST week of every month: Kettlebells, Step 40, Tae Bo, Arms/Abs blast, Pilates, Pump Fit & Backcare/stretch Pilates.		