

STUDIO / SIGNATURE TIMETABLE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
		TRAX 06:15 - 06:45 F/T	MUSLCE PUMP 07:00 - 07:45 Alana	LEGS, GLUTES & CORE 06:15 - 06:45 F/T	BODYPUMP 09:00 - 10:00 Jo	ZUMBA 10:00 - 10:45 Leila
SHRED 07:00 - 07:30 F/T	BODY PUMP 07:00 - 08:00 Jo	SHRED 07:00 - 07:30 F/T	YOGA 09:30 - 10:15 Caroline	BOXING FIT 07:00 - 07:35 ZOLTAN	BODYCOMBAT 10:10 - 11:10 Jo	PILATES 11:00 - 12:00 Sharon
LEGS, GLUTES & CORE 12:15 - 12:45 Vic	TRAX 12:15 - 12:45 F/T	PILATES 12:15 - 12:50 Amber	SHRED 12:15 - 12:45 F/T	PILATES 12:15 - 12:50 Sharon	YOGA 11:20 - 12:20 Elayne	
SHRED 13:15 - 13:45 F/T	MUSCLE TONE 13:15 - 13:50 Patrick	TRAX 13:15 - 13:45 F/T	MUSCLE TONE 13:15 - 13:50 Patrick	TRAX 13:15 - 13:45 F/T		
TRAX 17:30 - 18:00 F/T	BOXING FIT 17:30 - 18:05 ZOLTAN	LEGS, GLUTES & CORE 17:30 - 18:00 F/T	TRAX 17:30 - 18:00 F/T			
PILATES 18:20 - 19:05 Sharon		STRONG NATION 18:30 - 19:15 Leila	BODYPUMP 18:00 - 19:00 Jo			