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health club

GROUP FITNESS TIMETABLE- MAIN STUDIO

	Monday	Tuesday	Wednesday	Thursday	Friday
7:00am	Body Pump  45 mins Lee	Step/ABT 45 mins Lee	Body Combat  45 mins Wendy	Body Pump  60 mins Lee	Body Attack  60 mins Kathy
12:10pm	Pilates 45 Mins Helen	Ashtanga Yoga 45 Mins Vicky	Pilates 45 Mins Inge	Boxing 45 mins Stephen	Step/ABT 45 mins Wendy
1:10pm	Body Pump  45 mins Kathy	Body Attack  45 mins Kathy	Body Pump  45 mins Lee	Pilates 45 Mins Mary	
5:30pm	Body Pump  45 mins Lee	Body Attack  45 mins Lee	HipHop/ Contemporary 60 mins Rosetta	Body Combat  45 mins Wendy	
6:15pm	Body Combat  45 mins Wendy	Body Pump  45 mins Tatjana		Yoga 45 mins Sofija	





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GROUP FITNESS TIMETABLE- CYCLING STUDIO

	Monday	Tuesday	Wednesday	Thursday	Friday
7:00am	Cycling/Core 45 mins Sandra	Cycling 45 mins Shara	Cycling 45 mins Shara		
12:10pm	Cycling 30 mins Kathy		Cycling 30 mins Lee		
12:40pm	Cycling 30 mins Kathy	Cycling 45 mins Stephen	Cycling 30 mins Lee	Cycling 45 mins Lee	
1:10pm	Cycling 30 mins Stephen		Cycling 30 mins Stephen		Cycling 45 mins Wendy
5:30pm		Cycling 45 mins Tatjana			Cycling 45 mins Lee
5:45pm			Cycling 45 mins Sandra		
6:15pm	Cycling 45 mins Lee				