

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<b>FAT BURNING</b> 06:35 - 07:20	<b>BEAT THE CLOCK</b> 07:45 - 08:15	<b>FAT BURNING</b> 06:35 - 07:20		<b>FAT BURNING</b> 06:35 - 07:20	
<b>ABS &amp; GLUTES</b> 07:45 - 08:30	<b>pilates</b> 08:00 - 08:45	<b>TRX</b> Suspension Training 07:45 - 08:30	<b>STRETCHING &amp; FOAM ROLLER</b> 08:00 - 08:45	<b>BEAT THE CLOCK</b> 07:45 - 08:15	
<b>pilates</b> 09:15 - 10:00	<b>FULLBODY</b> 09:15 - 10:00	<b>pilates</b> 09:15 - 10:00	<b>ABS &amp; GLUTES</b> 09:15-10:00	<b>TRAMPOLINES</b> 09:15-10:00	
<b>TRX</b> Suspension Training 13:15 - 13:45		<b>FAT BURNING</b> 13:15 - 13:45		<b>ABS &amp; GLUTES</b> 13:15 - 13:45	<b>KICK BOXING LEARNING</b> 11:00 - 12:00
<b>BEAT THE CLOCK</b> 17:15 - 17:45	<b>KICK BOXING CARDIO</b> 17:15 - 18:00	<b>pilates</b> 17:00 - 17:45		<b>pilates</b> 16:45 - 17:30	
<b>STRETCHING &amp; FOAM ROLLER</b> 17:45 - 18:30	<b>KICK BOXING LEARNING</b> 18:00 - 19:00	<b>AEROBIC GLUTES</b> 17:45 - 18:30	<b>FULLBODY</b> 17:45 - 18:30	<b>BEAT THE CLOCK</b> 17:30 - 18:00	
	<b>TRAMPOLINES</b> 18:15 - 19:00		<b>KICK BOXING LEARNING</b> 18:30 - 19:30		
<b>FULLBODY</b> 18:35 - 19:20	<b>FAT BURNING</b> 19:00 - 19:45	<b>TRX</b> Suspension Training 18:35 - 19:20	<b>BOXING CARDIO</b> 18:35 - 19:20	<b>FAT BURNING</b> 18:15 - 19:00	
<b>ZUMBA FITNESS</b> 19:30 - 20:20	<b>YOGA</b> 19:00 - 20:00	<b>ZUMBA FITNESS</b> 19:30 - 20:20	<b>ZUMBA FITNESS</b> 19:30 - 20:20	<b>pilates</b> 19:00 - 19:45	
	<b>TRX</b> Suspension Training 19:45 - 20:30	<b>BEAT THE CLOCK</b> 19:30 - 20:00	<b>TRX</b> Suspension Training 19:45 - 20:30		
<b>pilates</b> 20:35 - 21:20	<b>KICK BOXING CARDIO</b> 20:35 - 21:20	<b>pilates</b> 20:35 - 21:20	<b>STRETCHING &amp; FOAM ROLLER</b> 20:35 - 21:20	<b>TRX</b> Suspension Training 20:00- 20:45	

LEARNING GROUPS HAVE DIFFERENT MEMBERSHIP