

# WINTER TIMETABLE

## GROUP FITNESS STUDIO

Mon	Tue	Wed	Thu	Fri	Sat	Sun
6:30 > 7:15 ExoCircuit						
9:30 > 10:25 Power		9:30 > 10:25 Pilates (Core)	9:30 > 10:15 ExoCircuit		9:30 > 10:15 Box 45	
					10:30 > 11:25 Power	
	12:15 > 12:45 HIIT30	12:15 > 12:45 Box 30		12:15 > 1:00 ExoCircuit		
4:30 > 5:15 ExoCircuit	4:30 > 5:00 HIIT30	4:30 > 5:00 HIIT30				
5:30 > 6:25 ExoStep	5:30 > 6:25 Zumba	5:30 > 6:00 HIIT30	5:30 > 6:25 Power			
6:30 > 7:25 Power	6:30 > 7:15 HIIT45	6:30 > 7:25 Power	6:30 > 7:25 ExoStep			
7:30 > 7:50 Abs Blast		7:30 > 7:50 Abs Blast				

## TOP RIDE STUDIO

Mon	Tue	Wed	Thu	Fri	Sat	Sun
	6:15 > 7:10 Top Ride	6:15 > 7:10 Top Ride		6:15 > 7:10 Top Ride		
					8:30 > 9:25 Top Ride	
						9:30 > 10:25 Top Ride
12:15 > 1:00 Top Ride						
5:45 > 6:15 Top Ride	5:45 > 6:40 Top Ride		5:45 > 6:40 Top Ride			

## MIND & BODY STUDIO

Mon	Tue	Wed	Thu	Fri	Sat	Sun
					9:30 > 10:25 Pilates	9:30 > 10:25 Yoga
					10:30 > 11:25 Yoga	
12:15 > 1:00 Yoga						
5:30 > 6:25 Pilates	5:30 > 6:25 Yoga Beginners	5:30 > 6:25 Pilates	5:30 > 6:25 Yoga			
6:30 > 7:25 Yoga	6:30 > 7:25 Yoga					

