



MONDAY	Body Sculpture 8.45-9.30 Ieva	Relax & Stretch 9.30-10.00 Ieva	Power Circuits 9.30-10.15 Jordan	Body Sculpture 10.00-11.00 Ieva				Abs Burnout 18.30-19.00 Tom	spinning 18.30-19.15 Linda	Boxfit 19.00-19.30 Rob	Insanity 19.30-20.00 Rob
TUESDAY	Barbell Body Building 9.15-10.00 Karina	Tummy Boost 10.00-11.00 Karina	Relax & Stretch 11.00-11.45 Karina				Power Circuits 18.30-19.15 Jordan	Stretch & Strengthen 19.15-19.45 Jordan	Yin Yan Yoga 18.00-19.30 Natasha	Pump Fit 19.30-20.15 Dianne	Pilates 20.15-21.00 Dianne
WEDNESDAY	Fit Ball 9.00-10.00 Karina	Yin Yan Yoga 10.05-11.05 Natasha	Body Sculpture 10.15-11.00 Karina	Yin Yan Yoga 11.15-12.15 Natasha				Box & Circuits 18.45-19.30 Jordan	Abs Burnout 19.30-20.00 Jordan		
THURSDAY	Shape up 9.00-10.00 Karina	Body Flow 10.00-10.45 Karina	Pilates 10.15-11.15 Sue	Aqua 10.00-10.45 Ieva	Pilates 11.30-12.30 Sue			Kettlecise 18.30-19.00 Jordan	Abs Burnout 19.00-19.30 Jordan	*Hot Yoga 18.15-19.45 Heidi	
FRIDAY	Legs, Bums & Tums 9.00-9.45 Karina	Fit Ball 9.45-10.30 Karina	Latino & Stretch 10.45-11.45 Karina					Barbell Body Building 18.30-19.15 Tom			
SATURDAY	*Hot Yoga 7.15-8.45 Heidi	Fit Body 9.00-10.00 Karina	Body Ball Pilates & Stretch 10.00-11.30 Karina								
SUNDAY	Spin & Circuits 9.15-10.00 Tom	Core Stability 10.00-10.30 Tom	Stretch 10.30-11.00 Tom								

PLEASE CALL 01753277931 OR SPEAK TO A MEMBER OF THE TEAM TO BOOK

*HOT YOGA IS NOT INCLUDED IN YOUR MEMBERSHIP SUBSCRIPTION. TO BOOK, PLEASE CALL HEIDI 07785930557.

= STUDIO 1
 = STUDIO 2