

Group Fitness Timetable

Current as of Monday, July 22nd 2019

| START TIME | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY | SUNDAY |
|------------|---|----------------------------------|---|-------------------------------------|-----------------------------------|----------|--------|
| 9:30 AM | | PRIME MOVERS Karla | | | | | |
| 10:00AM | | | | | | | |
| 12:30 PM | | | | | | | |
| 5:30 PM | LES MILLS BODYPUMP Orly | BOXING CARDIO Gezim | LES MILLS BODYPUMP Louise | BOXING CARDIO Gezim | YOGA WELLNESS Sandra | | |
| 6:30 PM | YOGA WELLNESS Sandra | PILATES WELLNESS | YOGA WELLNESS Prateek | PILATES WELLNESS Maria | | | |