

Group Fitness Timetable

TIME	Mon	Tue	Wed	Thu	Fri	Sat
05:45		Functional X		Functional X		
06:00	Step					
08:00						BP
09:00	BP			BP		
09:15		Cycle			Step	Pilates
10:15	Balance			Balance		
10:30		Pilates	Yoga		Pilates	Zumba
5:30	Step	BP	BP	Cycle		
6:00						
6:30	Yoga	Zumba	Pilates			