



TIMETABLE - STUDIO CLASSES

| Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
|---|---|---|---|---|---|--|
| 09.00 Personal Training (Booking only) | 09.00 Chi Balance (45mins) | 09.00 Personal Training (Booking only) | 09.00 Flow Balance (45mins) | 09.00 Personal Training (Booking only) | 09.00 Fusion Sculpt (45mins) | 09.00 Piyo (60mins) |
| 11.00 Personal Training (Booking only) | 11.00 Personal Training (Booking only) | 11.30 Pilates for beginners (60mins) | 11.00 Personal Training (Booking only) | 11.00 Personal Training (Booking only) | 10.30 Pilates for Beginners (60mins) | 10.30 Stretchology (60mins) |
| 19.30 Step Out (45mins) | 18.15 Pilates for Improvers (60mins) | 18.15 Boxing (45mins) | 18.15 Pilates for Improvers (60mins) | 18.15 Personal Training (Booking only) | 11.45 Bound (30mins) | |
| 20.30 Fitness Core (30mins) | | 19.15 Fusion Sculpt (45mins) | 20.00 Fusion Sculpt (45mins) | 19.45 Pilates Core (30 mins) | | |