

MON	TUE	WED	THUR	FRI	SAT	SUN
MORNING						
					Spin Cycling 11.10 - 11.55	BodyPump 11.00 - 12.00
LUNCHTIME						
BodyPump 12.10 - 12.55	Spin Cycling 12.10 - 12.55	Spin Cycling 12.10 - 12.55	BodyPump 12.10 - 12.55	Spin Cycling 12.10 - 12.55		Spin Cycling 12.10 - 12.55
EVENING						
Awesome Abs 5.30 - 5.45	Awesome Abs 5.30 - 5.45	Awesome Abs 5.30 - 5.45	Awesome Abs 5.30 - 5.45	BodyPump 5.30 - 6.30		
Spin Cycling 5.45 - 6.30	Spin Cycling 5.45 - 6.30	Spin Cycling 5.45 - 6.30	Spin Cycling 5.45 - 6.30			
Zumba 5.45 - 6.30	Combat Cardio 5.45 - 6.30		Zumba 5.45 - 6.30			
BodyPump 6.30 - 7.30		BodyPump 6.30 - 7.30	Krav Maga 6.50 - 7.50 STUDIO RENTAL SEE INSTRUCTOR FOR RATES			
			Krav Maga 6.50 - 7.50 STUDIO RENTAL SEE INSTRUCTOR FOR RATES			