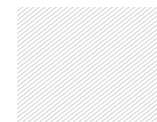





CLASS TIMETABLE 2020



MON	STUDIO CYCLE 06.35 - 07.20		BATTLE BELLS 09.15 - 10.00	AQUA FIT 09.30 - 10.15	PILATES 10.30 - 11.30	KETTLEBELL FITNESS 18.15 - 19.00	STUDIO CYCLE 18.15 - 19.00	YOGA 19.00 - 20.30	BODYPUMP 19.15 - 20.15	AEROTONE 20.15 - 21.00			
TUES		LBT TONE 09.15 - 10.00	WATER AEROBICS 09.30 - 10.15	YOGA TONE 10.45 - 12.15	STUDIO CYCLE 18.15 - 19.00	BOX FIT 18.15 - 19.00	PILATES 18.30 - 19.15	BODYPUMP 19.10 - 20.10	BODY BLITZ 19.30 - 20.15	AQUA ZUMBA 19.30 - 20.15		ZUMBA 20.15 - 21.15	
WED	STUDIO CYCLE 06.35 - 07.20		PULSE FIT 09.15 - 10.00	AQUA ZUMBA 09.30 - 10.15	YOGA 10.30 - 12.00	KETTLEBELL FITNESS 17.45 - 18.15	ZUMBA 18.15 - 19.15	BOXERCISE 18.30 - 19.15	STUDIO CYCLE 19.30 - 20.15	AQUA ZUMBA 19.30 - 20.15	YOGA 19.30 - 21.00		
THURS	PULSE FIT 06.35 - 07.20	PULSE PUMP 09.15 - 10.00	AQUA ZUMBA 09.30 - 10.15	YOGA 10.45 - 12.15	VINYASA YOGA FLOW 18.10 - 19.10		BODYPUMP 18.15 - 19.15	PIYO 18.30 - 19.15	WATER AEROBICS 19.20 - 20.05	PULSE FIT 19.30 - 20.00	ZUMBA 20.00 - 21.00		STEP 20.00 - 20.45
FRI	STUDIO CYCLE 06.35 - 07.20		GLUTE CAMP 09.15 - 10.00	WATER AEROBICS 09.30 - 10.15	ZUMBA 10.30 - 11.30	YOGA 13.00 - 14.00	STUDIO CYCLE 18.00 - 18.45		YOGA 19.00 - 20.00				
SAT	STUDIO CYCLE 09.15 - 10.00	BODYPUMP 10.00 - 11.00	BOXERCISE 11.00 - 12.00	ZUMBA 11.15 - 12.15				 <p>Tickets can be collected upto 15 minutes before the start of the class which you are attending</p>					
SUN		STUDIO CYCLE 10.15 - 11.00	YOGA 10.30 - 12.00	PULSE CORE 11.00 - 11.15	BOXERCISE 11.30 - 12.15	TAI CHI 14.00 - 14.45							

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