

GROUP FITNESS TIMETABLE



Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
MORNING							
6.00 am		Total Body		Powerbar	Circuit		
8.30 am		Yoga (60)					
9.00 am							
9.15 am	Low Impact		Low Impact (60)				
10.00 am				Low Impact (60)		Yoga	
10.30 am					Low Impact		
AFTERNOON							
12.10 pm		ABT		Cardio Punch			
4.40 pm	Cardio Punch	Zumba		Zumba	Yoga		
5.35 pm		Yoga		Yoga			