

# Term Time - Class Programme 19

## MONDAY

PILOXING	PUMP	STRONG BY ZUMBA	GRIT CARDIO	CARDIO CYCLING	PILATES	STEP 'N TONE	20 MINUTE ABS	BATTLE X	ALBT
12:15-13:00	12:15-13:00	13:05-13:55	13:05-13:35	17:30-18:00	17:30-18:25	17:30-18:15	18:05-18:25	18:30-18:55	18:30-19:15

## TUESDAY

GRIT CARDIO/STRENGTH	AEROBICS	CARDIO CYCLING	GRIT ATHLETIC/CIRCUITS	YOGA FITNESS	ZUMBA	PUMP	BOXFIT
07:30-08:00	12:15-13:00	12:30-13:00	12:30-13:15	13:05-14:00	17:25-18:20	18:25-19:10	19:15-20:00

## WEDNESDAY

CARDIO CYCLING	ALBT	PUMP	BALLET FITNESS	CARDIO CYCLING	KETTLEBELLS	YOGA FITNESS	20 MINUTE ABS
07:30-08:00	12:00-12:45	13:00-13:45	13:00-13:45	17:20-17:50	17:30-18:15	17:55-18:50	18:20-18:40

## THURSDAY

FITBALL	BOXFIT	CARDIO TENNIS	CARDIO CYCLING	20 MINUTE ABS	GRIT STRENGTH	GUIDED RELAXATION	ALBT	ZUMBA	STEP 'N TONE	CIRCUITS
07:30-08:00	12:15-13:00	12:15-13:00	12:30-13:00	13:05-13:25	13:05-13:35	14:00-15:00	17:25-18:10	17:30-18:20	18:15-19:00	19:10-19:55

## FRIDAY

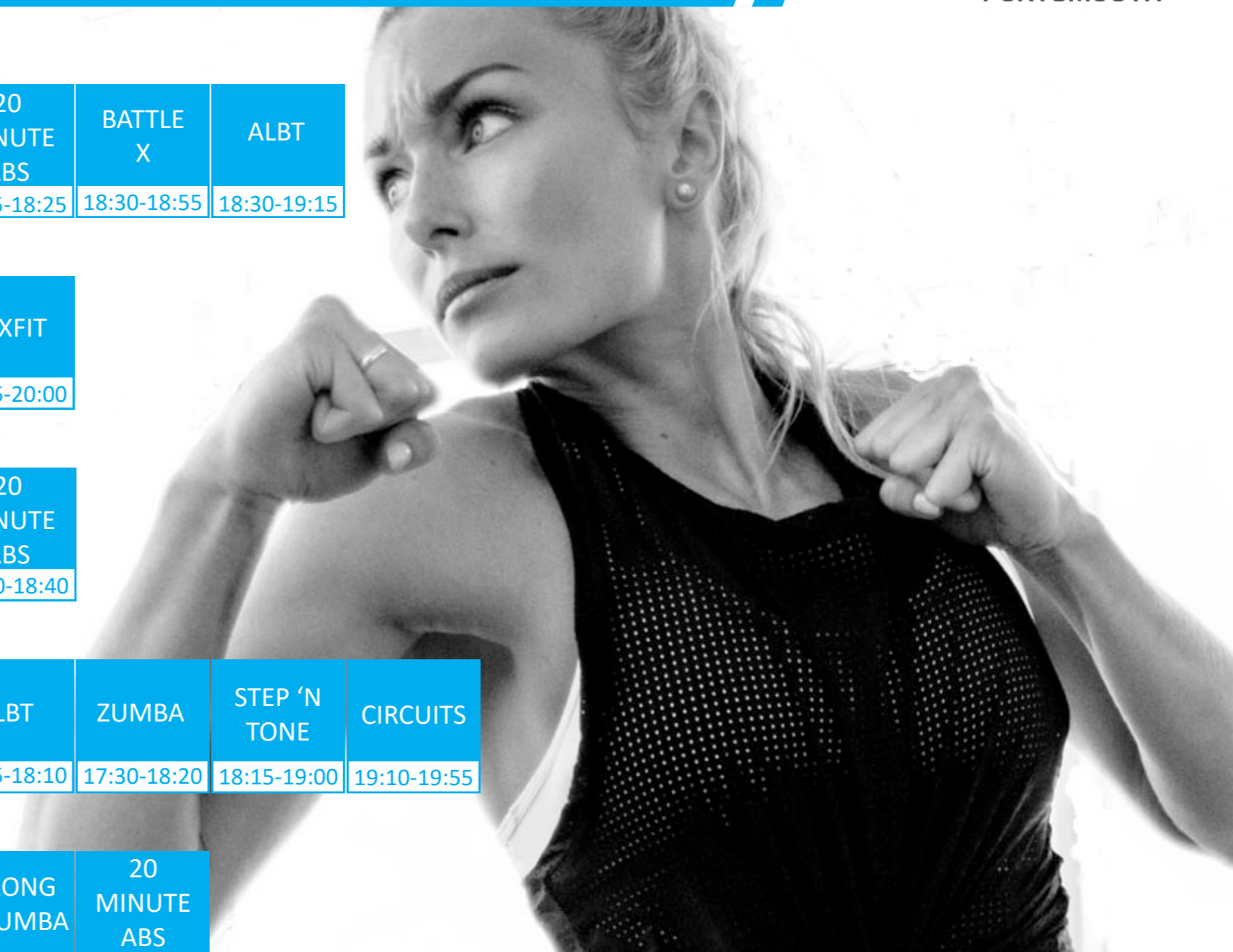
KETTLEBELLS	BALLET FITNESS	GRIT CARDIO	20 MINUTE BOOTY BLAST	AEROBICS	CARDIO CYCLING	GRIT STRENGTH	STRONG BY ZUMBA	20 MINUTE ABS
12:00-12:45	12:15-13:00	12:50-13:20	13:05-13:25	16:30-17:15	16:45-17:15	17:25-17:55	17:30-18:20	18:05-18:25

## SATURDAY

KETTLEBELLS	CARDIO CYCLING	20 MINUTE ABS
09:00-09:45	10:00-10:30	10:45-11:05

## SUNDAY

PUMP	YOGA
10:00-10:45	11:00-11:55



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