

# EASTER VACATION CLASS PROGRAMME

## MONDAY

VIRTUAL BODYBALANCE 07:30 - 08:05	PILOXING 12:15 - 13:00	PUMP 12:15 - 13:00	GRIT CARDIO / ATHLETIC 13:05 - 13:35	VIRTUAL SH'BAM 13:05 - 13:40	CARDIO CYCLING 17:30 - 18:00	PILATES 17:30 - 18:25	20 MINUTE ABS 18:10 - 18:30	AEROBICS 18:30 - 19:15
--------------------------------------	---------------------------	-----------------------	---	---------------------------------	---------------------------------	--------------------------	--------------------------------	---------------------------

## TUESDAY

VIRTUAL BODYCOMBAT 07:30 - 08:05	CARDIO CYCLING 12:15 - 12:45	CIRCUITS 12:30 - 13:15	YOGA FITNESS 13:05 - 14:00	VIRTUAL BODYCOMBAT 17:20 - 18:25	ZUMBA 17:30 - 18:15	PUMP 18:25 - 19:10	VIRTUAL CXWORX 18:30 - 19:05
-------------------------------------	---------------------------------	---------------------------	-------------------------------	-------------------------------------	------------------------	-----------------------	---------------------------------

## WEDNESDAY

CARDIO CYCLING 07:45 - 08:15	PILATES 12:00 - 12:55	AEROBICS 12:00 - 12:45	PUMP 13:00 - 13:45	VIRTUAL BODYCOMBAT 13:05 - 13:40	VIRTUAL CXWORX 14:05 - 14:40	CARDIO CYCLING 17:30 - 18:00	KETTLEBELLS 17:30 - 18:15	VIRTUAL BODYBALANCE FLEX 18:15 - 18:50	20 MINUTE ABS 18:20 - 18:40
---------------------------------	--------------------------	---------------------------	-----------------------	-------------------------------------	---------------------------------	---------------------------------	------------------------------	---	--------------------------------

## THURSDAY

VIRTUAL CXWORX 07:30 - 08:05	BOXFIT 12:15 - 13:00	CARDIO CYCLING 12:30 - 13:00	20 MINUTE ABS 13:05 - 13:25	VIRTUAL BODYCOMBAT 16:15 - 17:20	ALBT 17:30 - 18:15	CARDIO CYCLING 17:30 - 18:00	CIRCUITS 18:30 - 19:15
---------------------------------	-------------------------	---------------------------------	--------------------------------	-------------------------------------	-----------------------	---------------------------------	---------------------------

## FRIDAY

VIRTUAL BODYBALANCE 07:30 - 08:05	KETTLEBELLS 12:00 - 12:45	VIRTUAL SH'BAM 12:00 - 12:50	YOGA FITNESS 13:00 - 13:55	VIRTUAL BODY PUMP 15:30 - 16:20	PILOXING 16:30 - 17:15	CARDIO CYCLING 16:45 - 17:15	20 MINUTE ABS 17:25 - 17:45
--------------------------------------	------------------------------	---------------------------------	-------------------------------	------------------------------------	---------------------------	---------------------------------	--------------------------------

