

# SUMMMER CLASS PROGRAMME 2019

## MONDAY

VIRTUAL BODYCOMBAT 07:35 - 08:10	PILOXING 12:15 - 13:00	PUMP 12:15 - 13:00	GRIT ATHLETIC 13:05 - 13:35	VIRTUAL CXWORX 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 BODYBALANCE 07:35 - 08:10	CARDIO CYCLING 12:15 - 12:45	CIRCUITS 12:30 - 13:15	YOGA FITNESS 13:05 - 14:00	VIRTUAL BODYCOMBAT 17:20 - 18:25	ZUMBA 17:25 - 18:15	PUMP 18:25 - 19:10	VIRTUAL CXWORX 18:30 - 19:05	BOXFIT 19:15 - 20:00
--------------------------------------	---------------------------------	---------------------------	-------------------------------	-------------------------------------	------------------------	-----------------------	---------------------------------	-------------------------

## WEDNESDAY

CARDIO CYCLING 07:45 - 08:15	VIRTUAL CXWORX 08:30 - 09:05	AEROBICS 12:10 - 12:55	FITBALL 12:30 - 13:00	GRIT STRENGTH 13:05 - 13:35	VIRTUAL BODYCOMBAT 13:05 - 13:40	CARDIO CYCLING 17:30 - 18:00	KETTLEBELLS 17:30 - 18:15	VIRTUAL BODYBALANCE 18:15 - 19:20	20 MINUTE ABS 18:20 - 18:40
---------------------------------	---------------------------------	---------------------------	--------------------------	--------------------------------	-------------------------------------	---------------------------------	------------------------------	--------------------------------------	--------------------------------

## THURSDAY

VIRTUAL CXWORX 07:35 - 08:10	BOXFIT 12:15 - 13:00	CARDIO CYCLING 12:30 - 13:00	PILATES 13:05 - 14:00	VIRTUAL BODYCOMBAT 16:15 - 17:20	ALBT 17:30 - 18:15	CARDIO CYCLING 17:30 - 18:00	VIRTUAL BODYBALANCE 18:20 - 19:25	CIRCUITS 18:30 - 19:15
---------------------------------	-------------------------	---------------------------------	--------------------------	-------------------------------------	-----------------------	---------------------------------	--------------------------------------	---------------------------

## FRIDAY

VIRTUAL BODYBALANCE 07:35 - 08:10	KETTLEBELLS 12:00 - 12:45	GRIT CARDIO 12:15 - 12:45	YOGA FITNESS 13:05 - 14:00	VIRTUAL BODY PUMP 15:30 - 16:20	CARDIO CYCLING 16:45 - 17:15	20 MINUTE ABS 17:25 - 17:45	ZUMBA 17:30 - 18:20
--------------------------------------	------------------------------	------------------------------	-------------------------------	------------------------------------	---------------------------------	--------------------------------	------------------------

