

Monday 08.00 – 22.00		Tuesday 06.30 – 22.00		Wednesday 08.00 – 22.00		Thursday 06.30 – 22.00		Friday 08.00 – 21.00		Saturday 09.00 – 12.00 & 15.00 – 19.00	
		06.45 07.30	Yoga			06.45 07.30	Functional TM Bootcamp				
				08.15 09.15	Yoga Advanced Small Group						
09.15 10.00	Functional TM Bootcamp	09.15 10.00	Pilates Program	09.15 10.00	Walking Program	09.15 10.00	LesMills Body Pump	09.15 10.00	Yoga	09.15 10.00	LesMills BodyPump
09:15 10:15	Skill Bike Virtual							09:15 10:15	Skill Bike Virtual		
		10.30 11.30	WellBack Advanced Small Group			10.30 11.30	WellBack Advanced Small Group	10.30 11.30	AquaGym Advanced Small Group		
10.15 11.15	Aqua Relax			10.15 11.15	Aqua Relax			10.15 11.15	Aqua Relax	10.15 11.15	Aqua Relax
12.50 13.35	Yoga	12.50 13.35	Skill Bike Live			12.50 13.35	Skill Bike Live	12.50 13.35	Pilates Program		
12.50 13.50		12.50 13.50	Aqua Relax	12.50 13.50	Functional TM Cardio-Core	12.50 13.50	Aqua Relax				
15.30 16.30	Aqua Relax	15.30 16.30	Functional TM Strenght					15.30 16.30	Aqua Relax		
15:30 16:30	Skill Bike Virtual							15:30 16:30	Functional TM Strenght		
15.30 16.15	Les Mills Body Pump			15.30 16.15	Functional TM Bootcamp						
16.30 17.15	Pilates TRX	16.30 17.15	Skill Bike Live			16.30 17.15	Pilates Program	16.30 17.15	Functional TM Bootcamp		
17.30 18.15	Walking Program	17.30 18.15	Functional TM Bootcamp	17.15 18.15	WonderWoman SmallGroup	17.30 18.15	Les Mills Tone	17.30 18.15	Group Boxing Academy		
17:30 18:30				17:30 16:30	Skill Bike Live			17:30 16:30	Skill Bike Live		
18.30 19.15	Les Mills Tone	18.30 19.15	Les Mills Body Pump	18.30 19.15	Yoga	18.30 19.15	Walking Program				
18:30 19:30				18:30 19:30	Functional TM Cardio-Core	18:30 19:30	Skill Bike Virtual				
19.30 20.30	Yoga Advanced Small Group	19.30 20.30	Functional TM X-Fit	19.30 20.15	Group Boxing Academy						
19:45 21:15						19:45 21:15	Functional TM X-Fit				
20:30 21:30	Skill Bike Live	20:30 21:30	Aqua Relax	20:30 21:30	Skill Bike Live	20:30 21:30	Aqua Relax				