

CLASS TIMETABLE

DAY	CLASS	TIME	INSTRUCTOR	CLASS	TIME	INSTRUCTOR	CLASS	TIME	INSTRUCTOR	CLASS	TIME	INSTRUCTOR									
MON				CIRCUITS	09:30 - 10:15	THOMAS				TOTAL TONE	17:15 - 18:00	SANJ	SPIN CIRCUIT	18:15 - 19:15	STEPHAN	ANYTIME HIIT	19:15 - 20:00	STEPHAN	YOGA	20:00 - 20:45	REBECCA
TUE	BODY PUMP	06:30 - 07:15	MEL	ANYTIME HIIT	09:30 - 10:00	THOMAS				TOTAL TONE	17:30 - 18:30	SANJ							ZUMBA	19:30 - 20:15	RACHEL
WED										TOTAL TONE	17:00 - 17:30	NICK				SPIN	18:15 - 19:00	NICK	YOGA	19:00 - 19:45	LUARA
THU	BOOTCAMP	06:30 - 07:00	THOMAS				SPIN	10:30 - 11:15	THOMAS				CIRCUITS	17:45 - 18:30	NICK	BOXERCISE	18:30 - 19:30	ATIF	Anytime HIIT	19:30 - 20:30	Atif
FRI	SPIN	06:30 - 07:15	STUART	ANYTIME HIIT	09:30 - 10:15	SANJ							BODY PUMP	18:00 - 18:45	SYLVIA	YOGA	18:45 - 19:30	SYLVIA			
SAT							TOTAL TONE	09:30 - 10:30	NICK	YOGA	10:30 - 11:30	REBECCA	SPIN	11:30 - 12:15	STEPHAN						
SUN							CIRCUITS	9:30 - 10:00	TTHOMAS	TOTAL TONE	10:00 - 11:00	SANJ	ZUMBA	11:00 - 12:00	SUE						

CLASS TYPE	CARDIO	STRENGTH	STRETCH	FUNCTIONAL	CIRCUITS	DANCE	MIND & BODY	INSTRUCTOR TYPE	INSTRUCTOR LEAD	VC VIRTUAL CLASS
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