



Monday

Studio 1 - Spin 18:00-18:45
Studio 1 - Body Pump 19:00-19:45

LES MILLS
BODYPUMP

Tuesday

Studio 1 - Body Combat 18:00-18:45
Studio 1 - Zumba Toning 19:00-19:45
Studio 2 - Yoga 18:30-19:30
Studio 2 - Pilates 19:45-20:35

LES MILLS
BODYCOMBAT

Wednesday

Studio 1 - Zumba Step 18:00-18:45
Studio 1 - Metafit 19:00-19:30

Thursday

Studio 1 - Body Combat 18:00-18:45
Studio 1 - Body Pump 18:45-19:30

LES MILLS
BODYCOMBAT

LES MILLS
BODYPUMP

Friday

Studio 1 - Pilates 18:00-18:45

Saturday

Studio 1 - Zumba 9:30-10:30
Studio 2 - Yoga 9:00-10:00

Sunday

Studio 2 - Yoga 11:00-12:00