

CLASS LIST

CLASSES TO SUIT YOUR LIFESTYLE AND YOUR GOALS

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6.40 20m SLIM & TRIM	6.40 20m SPINNING	6.40 20m AERODANCE	6.40 20m SPINNING	6.40 20m CIRCUITS		
7.00 20m STEP	7.00 20m SLIM CIRCUITS	7.00 20m STEP	7.00 20m SLIM & TRIM	7.00 20m TONE ZONE		
7.20 20m TONE ZONE	7.20 20m FITBALL	7.20 20m TONE ZONE	7.20 20m STEP	7.20 20m STEP		
8.20 20m FITBALL	8.20 20m FLEX STRENGTH	8.20 20m FLEX STRENGTH	08.20 20m FLEX STRENGTH	8.20 20m TUMMIES		
8.40 20m TUMMIES	8.40 20m SKINNY JEANS	8.40 20m FATBURNER	8.40 20m TUMMIES	8.40 20m FATBURNER		
9.00 20m FLEX STRENGTH	9.10 40m FATBURNER	9.00 20m FLEX STRENGTH	9.10 30m FATBURNER	9.00 20m FLEX STRENGTH	9.00 40m STEP	9.00 20m TAEBO
9.20 20m FATBURNER		9.20 40m SLIM CIRCUITS		9.20 40m SPINNING		9.20 20m STEP
9.40 20m TONE ZONE	9.50 10m TUMMIES		9.40 20m SPINNING		9.40 20m TONE ZONE	9.40 20m TONE ZONE
10.00 40m - SPIN 10.00 20m - STEP	10.00 40m TONE ZONE	10.00 40m - 10.00 40m SPIN - SHAPE UP STEP	10.00 40m PUMP & TONE	10.00 20m - 10.00 40m SPIN - FATBURNER	10.00 40m - 10.00 40m SPIN - FATBURNER	10.00 40m SPINNING
10.20 20m TAEBO TONE						
10.40 20m TONE ZONE	10.40 20m SPINNING	10.40 20m TONE ZONE	10.40 20m STEP	10.40 20m TONE ZONE	10.40 20m TONE ZONE	10.40 20m FLEX STRENGTH
11.00 20m FATBURNER	11.00 20m AERO DANCE	11.00 40m AERO DANCE	11.00 20m TONE ZONE	11.00 20m SLIM & TRIM	11.00 40m CIRCUITS	11.00 40m CIRCUITS
11.20 20m SLIM & TRIM	11.20 20m FLEX STRENGTH		11.20 20m AERO LIGHT	11.20 20m FITBALL		
11.40 20m FLEX STRENGTH	11.40 20m TONE ZONE	11.40 20m SLIM & TRIM	11.40 20m FLEX STRENGTH	11.40 20m FLEX STRENGTH	11.40 20m TUMMIES	11.40 20m TUMMIES
12.00 20m PUMP & TONE	12.00 20m STEP	12.00 20m PUMP & TONE	12.00 20m STEP	12.00 20m FATBURNER	12.00 20m FLEX STRENGTH	12.00 20m FLEX STRENGTH
12.20 10m TUMMIES	12.20 10m TUMMIES	12.20 10m TUMMIES	12.20 10m TUMMIES	12.20 20m TUMMIES		
1.00 20m AEROLIGHT	1.00 20m STEP	1.00 20m TONE ZONE	1.00 20m FITBALL	1.00 20m TONE ZONE		
2.00 20m SLIM & TRIM	2.00 20m AEROLIGHT	2.00 20m SPIN	2.00 20m FATBURNER	2.00 20m SPIN	2.00 20m STEP	2.00 20m FATBURNER
2.20 20m TONE ZONE	2.20 20m SLOW STEP	2.20 20m TONE ZONE	2.20 20m STEP	2.20 20m TONE ZONE	2.20 20m - FATBURNER 2.40 20m - TONE ZONE	2.20 20m STEP
3.00 20m FATBURNER	3.00 20m FATBURNER	3.00 20m FATBURNER	3.00 20m TONE ZONE	3.00 20m FATBURNER	3.00 20m SPINNING	
3.20 20m TUMMIES	3.20 20m TONE ZONE	3.20 20m TONE ZONE	3.20 20m AERO LIGHT	3.20 20m SLIM & TRIM	3.20 20m TAEBO	
4.00 20m FATBURNER	4.00 20m SLIM & TRIM	4.00 20m PUMP & TONE	4.00 20m PUMP & TONE	4.00 20m PUMP & TONE		
4.20 20m TONE ZONE	4.20 20m TONE ZONE	4.20 20m FATBURNER	4.20 20m FLEX STRENGTH	4.20 20m STEP		
4.40 20m TAEBO	4.40 20m FLEX STRENGTH	4.40 20m TUMMIES	4.40 20m FATBURNER	4.40 20m TUMMIES		
5.00 20m SLIM & TRIM	05.00 30m TONE ZONE	5.00 20m FATBURNER	05.00 30m TONE ZONE	5.00 20m TAEBO		
5.20 10m - 5.30 30m TUMMIES - SPIN	5.30 30m TAEBO	5.20 10m - 5.30 30m TUMMIES - SPIN	5.30 30m SPIN	5.20 10m - 5.30 30m TUMMIES - SPIN		
6.00 40m - 6.00 30m PUMP & TONE	6.00 40m - 6.00 30m STEP - SPIN	6.00 40m - 6.00 30m PUMP & TONE	6.00 40m STEP	6.00 20m FATBURNER	6.20 20m STEP	
6.40 20m TAEBO	06.40 20m TONE ZONE	6:40 20m STEP	6.40 20m TUMMIES	06.40 20m TONE ZONE		
7.00 40m - 7.00 20m SPIN - FATBURNER	7.00 40m - SPIN 7.00 20m - STEP	7.00 40m - 7.00 20m SPIN - FATBURNER	7.00 40m - 7.00 40m SPIN - AERO DANCE	7.00 40m SPINNING		
7.20 20m STEP	7.20 20m SLIM & TRIM	7.20 20m STEP				
7.40 20m FLEX STRENGTH	7.40 20m TONE ZONE	07.40 20m SKINNY JEANS	7.40 20m TONE ZONE	7.40 20m TONE ZONE		
8.00 20m - 8.00 40m SPIN - CIRCUITS	8.00 20m - 8.00 40m SPIN - FATBURNER	8.00 20m - 8.00 40m SPIN - CIRCUITS	8.00 20m SLOW STEP	8.00 40m CIRCUITS		
8.40 20m SLOW STEP	8.40 20m TONE ZONE	8.40 20m SLOW STEP	8.20 20m SLIM & TRIM			
9.00 30m TONE ZONE	9.00 30m PUMP & TONE	9.00 30m FATBURNER	8.40 20m TONE ZONE			

inch loss • weight loss

toning

fitness

relaxation