

TIMETABLE

MONDAY

07:15 - 08:15	DDP YOGA	HALL
09:30 - 10:30	WOMEN ONLY HATHA YOGA	HALL
12:10 - 12:40	TABATA CIRCUIT	HALL
17:30 - 18:00	MOTIV8 HIIT BOXING	HALL
18:10 - 19:00	COMBAT CARDIO	HALL
18:30 - 19:30	STRENGTH TRAINING	BALCONY
19:10 - 19:55	GROUP WEIGHTS	HALL
20:00 - 20:30	METAFIT	HALL
20:30 - 21:30	PILATES & YOGA MIX	HALL

TUESDAY

09:30 - 10:30	GROUP WEIGHTS	HALL
17:30 - 18:00	MOTIV8 HIIT	HALL
18:10 - 19:00	FUNCTIONAL CIRCUITS	HALL
19:10 - 19:55	LEGS, BUMS & TUMS	HALL
20:00 - 21:15	HATHA NIDRA YOGA	HALL

WEDNESDAY

09:30 - 10:30	YOGA	HALL
10:45 - 11:45	PILATES	HALL
16:00 - 17:00	HATHA MINDFULNESS YOGA	HALL
17:30 - 18:00	ZUU HIIT	HALL
18:05 - 19:00	BUDDY PT	BALCONY
18:10 - 19:00	BOXING	HALL
19:05 - 19:25	CORE HIIT	HALL
19:30 - 20:15	PIYO	HALL
19:45 - 20:30	WEIGHTS CIRCUITS	BALCONY
20:30 - 21:30	AWAKENING YOGA	HALL

THURSDAY

09:30 - 11:00	ASHTANGA YOGA	HALL
12:00 - 13:00	PIYO	HALL
16:00 - 17:00	VERAFLOW	HALL
17:00 - 18:00	GROUP WEIGHTS	HALL
18:10 - 18:55	LEGS, BUMS & TUMS	HALL
19:10 - 19:55	ZUMBA STEP	HALL
20:00 - 21:00	PILATES	HALL

FRIDAY

07:15 - 08:00	CIRCUITS	HALL
09:30 - 10:30	PILATES	HALL
10:45 - 11:45	VINYASA YOGA	HALL
12:10 - 12:40	TABATA CIRCUIT	HALL
17:30 - 18:00	METAFIT	HALL
18:10 - 18:55	GROUP WEIGHTS	HALL
19:10 - 19:55	BARRE STRETCH FITNESS	HALL
20:00 - 21:00	HATHA YOGA	HALL

SATURDAY

09:00 - 09:45	LEGS, BUMS & TUMS	HALL
10:00 - 11:20	VINYASA YOGA	HALL
11:30 - 12:15	GROUP WEIGHTS	HALL
12:30 - 13:00	MOTIV8 HIIT	HALL

SUNDAY

09:30 - 10:30	WEIGHTS CIRCUIT	HALL
10:30 - 11:30	VINYASA YOGA	HALL
17:15 - 18:00	HATTON BOXING	HALL
18:00 - 18:30	METAFIT	HALL
18:45 - 19:45	YIN YANG YOGA	HALL