

TIMETABLE

MONDAY

07:15-08:00	BREAKFAST CIRCUITS	HALL
09:30-10:30	WOMEN & FEMME YOGA	HALL
12:10-12:40	TABATA CIRCUIT	HALL
16:00-17:00	SENIOR FITNESS: STRENGTH & BALANCE	HALL
17:30-18:00	MOTIV8	HALL
18:10-18:55	COMBAT CARDIO	HALL
18:30-19:30	NEW WEIGHTS PT	BALCONY
19:10-19:55	BARBELLS	HALL
20:00-21:00	NEW POWER YOGA	HALL

TUESDAY

07:00-07:45	DDP	HALL
09:30-10:30	KETTLEBELLS	HALL
13:00-14:00	NEW ASHTANGA FOR BEGINNERS	HALL
16:15-17:00	NEW PILATES	HALL
17:30-18:00	MOTIV8	HALL
18:00-19:00	NEW WEIGHTS PT	BALCONY
18:10-19:00	CIRCUITS	HALL
19:10-19:55	LEGS, BUMS & TUMS	HALL
19:10-19:55	NEW WEIGHTS	BALCONY
20:00-21:00	NEW POWER YOGA	HALL

WEDNESDAY

07:00-07:45	CIRCUITS	HALL
09:30-10:30	YOGA	HALL
12:10-12:40	STEP HIIT	HALL
14:00-15:00	CANCER REHAB	HALL
16:00-17:00	HATHA YOGA	HALL
17:30-18:00	MOTIV8	HALL
18:10-18:55	BOXING	HALL
18:30-19:30	NEW WEIGHTS PT	BALCONY
19:10-19:55	DISCO YOGA NEW TIME	HALL
20:00-21:15	HATHA YOGA + YOGA NIDRA NEW DAY	HALL

THURSDAY

07:00-08:00	YOGA	HALL
09:30-11:00	ASHTANGA	HALL
16:30-17:15	NEW DANCE FLOW FITNESS	HALL
17:30-18:00	NEW HIIT	HALL
18:00-19:00	NEW WEIGHTS PT	BALCONY
18:10-18:55	NEW BARRE FITNESS	HALL
19:00-20:00	AWAKENING YOGA NEW DAY	HALL
20:00-21:00	PILATES & YOGA	HALL

FRIDAY

07:00-07:45	BREAKFAST CIRCUITS	HALL
09:30-10:30	PILATES	HALL
10:45-11:45	VINYASA	HALL
12:10-12:40	TABATA	HALL
14:00-15:00	YOUTH FITNESS	HALL
17:30-18:00	METAFIT	HALL
18:10-19:00	BARBELLS	HALL
19:10-19:55	NEW PIYO	HALL
20:00-21:00	HATHA	HALL

SATURDAY

09:00-09:45	METAFIT & ABS NEW TIME	HALL
10:00-11:00	INTERMEDIATE VINYASA YOGA	HALL
11:30-12:15	BARBELL	HALL
12:30-13:30	BEGINNER YOGA	HALL

SUNDAY

10:30-11:30	AWAKENING YOGA	HALL
12:30-13:30	DDP	HALL
15:00-15:45	NEW RAINBOW LIFTERS TRANS-FEMININE	HALL
16:00-16:45	NEW RAINBOW LIFTERS TRANS-MASCULINE	HALL
17:00-17:45	NEW KETTLEBELL	HALL
18:00-18:45	NEW WEIGHT CIRCUIT	HALL
19:00-20:00	YIN YOGA NEW TIME	HALL