

STUDIO TIMETABLE

MONDAY

06:30 – 07:15	RIG CIRCUIT
07:00 – 07:30	VIRTUAL BODYPUMP
07:45 – 08:15	VIRTUAL BODYBALANCE
09:30 – 10:15	FOREVER FIT
10:30 – 11:15	BODY PUMP
11:30 – 12:00	VIRTUAL SH'BAM
13:00 – 13:30	VIRTUAL COMBAT
14:00 – 14:45	VIRTUAL BODYBALANCE
16:00 – 16:45	VIRTUAL CORE CONDITIONING
17:00 – 17:45	LEGS, BUMS AND TUMS
18:00 – 18:45	TOTALLY SHREDDED
20:00 – 21:00	YOGA

TUESDAY

06:15 – 6:45	VIRTUL BODYPUMP
07:45 – 08:15	VIRTUAL BODYBALANCE
09:30 – 10:15	LEGS, BUMS ANS TUMS
10:30 – 11:00	CORE CONDITIONING
12:00 – 12:45	VIRTUAL CORE CONDITIONING
13:00 – 13:45	VIRTUAL BODYBALANCE
15:00 – 15:45	VIRTUAL BODYCOMBAT
17:15 – 18:00	LEGS, BUMS AND TUMS
18:15 – 19:00	AEROBIC STEP
19:15 – 20:00	RT24
20:15 – 21:00	SH'BAM

WEDNESDAY

07:15 – 07:45	VIRTUAL CORE CONDITIONING
09:30 – 10:30	PILATES
11:45 – 12:15	VIRTUAL CORE CONDITIONING
12:30 – 13:30	VIRTUAL BODYPUMP
13:45 – 14:30	VIRTUAL SH'BAM
14:45 – 15:30	VIRTUAL COMBAT
18:00 – 18:45	TOTALLY SHREDDED
19:00 – 20:00	STUDIO CIRCUITS

THURSDAY

06:30 – 07:15	RIG CIRCUITS
08:45 – 09:15	VIRTUAL CORE CONDITIONING
09:30 – 10:15	ZUMBA
13:00 – 13:30	VIRTUAL CORE CONDITIONING
13:45 – 14:30	VIRTUAL BODYPUMP
14:45 – 15:15	VIRTUAL BODY COMBAT
18:00 – 18:45	ZUMBA
20:00 – 20:45	VIRTUAL BODY BALANCE

FRIDAY

06:30 – 07:15	RIG CIRCUITS
07:30 – 08:30	VIRTUAL BODYPUMP
09:30 – 10:30	YOGA
11:45 – 12:15	VIRTUAL CORE CONDITIONING
13:00 – 13:45	VIRTUAL BODYCOMBAT
14:00 – 14:45	VIRTUAL BODYPUMP
15:00 – 15:45	VIRTUAL BODYBALANCE
16:00 – 16:30	VIRTUAL CORE CONDITIONING
17:15 – 18:00	RIG CIRCUITS

SATURDAY

10:15 – 11:30	BODYPUMP EXPRESS
13:30 – 14:00	VIRTUAL BODY BALANCE
14:15 – 15:00	VIRTUAL CORE CONDITIONING
15:15 – 16:00	VIRTUAL BODY COMBAT
16:15 – 17:00	VIRTUAL BODYPUMP

SUNDAY

9:30 – 10:15	STUDIO CIRCUITS
10:30 – 11:15	VIRTUAL BODY COMBAT
11:45 – 12:15	VIRTUAL CORE CONDITIONING
12:30 – 13:30	ZUMBA
15:15 – 15:45	VIRTUAL BODY COMBAT
16:45 – 17:15	YOGA