

AUGUST CLASS TIMETABLE

| | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY | SUNDAY |
|--------------------|--|--------------------|-------------------|-------------------------------|------------------------------|-------------------|-------------------|
| 7:00-8:00 | 7:30 Miniball Pilates | | | | | | |
| 8:00-9:00 | 8:45 Cardio, Core and Conditioning | | | | 8:45 Abs, Ass and Arms | | |
| 9:00-10:00 | 9:10 Circuits | 9:10 Circuits | 9:10 Circuits | 9:10 Circuits | 9:30 Circuits | 9:10 Circuits | 9:10 Circuits |
| 10:00-11:00 | | | | 10:00 Total Body Tabata | | 10:10 Circuits | 10:10 Circuits |
| 11:00-12:00 | | 11:10 SeniorFit | | | | | |
| 12:00-13:00 | 12:10 Circuits | | 12:10 Circuits | | 12:10 Box | | |
| 17:00-18:00 | | | | | | | |
| 18:00-19:00 | | 18:10 Circuits | | | | | |
| 19:00-20:00 | 19:10 Circuits | | 19:10 Sweat | 19:10 Box | 19:10 Circuits | | |