

# NEW STUDIO TIMETABLE

Low Intensity Classes
  Medium Intensity Classes
  High Intensity Classes

	6am	7am	8am	9am	10am	11am	12pm	1pm	2pm	3pm	4pm	5pm	6pm	7pm	8pm	9pm
MONDAY		BODY COMBAT 45 MIN (6.30 - 7.15)	PILATES 55 MIN (7.30 - 8.25)	YOGALATES 55 MIN (8.35 - 9.30)	CHI BALL 55 MIN (9.40 - 10.35)	BODYPUMP 45 MIN (10.45 - 11.30)	ZUMBA 45 MIN (11.40 - 12.25)			YOUNG AT HEART 55 MIN (14.00 - 14.55)			RPM SPIN 45 MIN (18.00 - 18.45)	BODY COMBAT 45 MIN (19.00 - 19.45)	LBT 45 MIN (19.55 - 20.40)	
TUESDAY		HIIT 45 MIN (6.30 - 7.15)	YOGA 55 MIN (7.30 - 8.25)	PILATES 55 MIN (8.35 - 9.30)	CHI BALL 55 MIN (9.40 - 10.35)	PILATES 55 MIN (10.45 - 11.40)	GENTLE PILATES 55 MIN (11.50 - 12.45)			BEGINNER PILATES 55 MIN (14.00 - 14.55)			BODYPUMP 45 MIN (5.30-6.15)	STRENGTH AND CONDITIONING 45 MIN (18.45 - 19.30)	KETTLE BELLS 45 MIN (19.45 - 20.30)	
WEDNESDAY		RPM SPIN 45 MIN (6.30 - 7.15)	YOGALATES 55 MIN (7.30 - 8.25)	GENTLE PILATES 55 MIN (8.35 - 9.30)	PILATES 55 MIN (9.40 - 10.35)	CHI BALL 55 MIN (10.45 - 11.40)				BEGINNER PILATES 55 MIN (14.00 - 14.55)			ZUMBA 45 MIN (17.00- 17.45)	FREESTYLE SPIN 45 MIN (18.00 - 18.45)	BODY COMBAT 45 MIN (19.00 - 19.45)	PILATES 55 MIN (19.55 - 20.50)
THURSDAY		STRENGTH AND CONDITIONING 45 MIN (6.30 - 7.15)		PILATES 55 MIN (8.00 - 8.55)	LOW AEROBICS 45 MIN (9.05 - 9.50)	BODYPUMP 45 MIN (10.00 - 10.45)	PILATES 55 MIN (10.55 - 11.50)	FIT BALL PILATES 55 MIN (12.00 - 12.55)	CHAIR BASED AEROBICS 45 MIN (13.05 - 13.50)				ZUMBA 45 MIN (16.45- 17.30)	BODYPUMP 45 MIN (17.45 - 18.30)	HIIT 45 MIN (18.45 - 19.30)	PILATES 55 MIN (19.45 - 20.40)
FRIDAY		RPM SPIN 45 MIN (6.30 - 7.15)	PILATES 55 MIN (7.30 - 8.25)	PILATES 55 MIN (8.35 - 9.30)	BODY COMBAT 45 MIN (9.40 - 10.25)	ZUMBA 45 MIN (10.35 - 11.20)	AEROBICS TO THE 60'S 45 MIN (11.30 - 12.15)							RPM SPIN 45 MIN (18.00 - 18.45)		
SATURDAY				BODY COMBAT 45 MIN (8.00 - 8.45)	RPM SPIN 45 MIN (9.00 - 9.45)	BOOTCAMP 45 MIN (10.00 - 10.45)										
SUNDAY			PIYO 45 MIN (8.00 - 8.45)													

FPT KETTLEBELLS

FPT HIIT

FPT PILATES

FPT YOGA

LES MILLS  
BODYCOMBAT

LES MILLS  
BODYPUMP

LES MILLS  
RPM

ZUMBA  
fitness