



FITNESS TIMETABLE



DAY	TIME	AREA	ACTIVITY
MON	18:15-19:15	SMALL HALL	ZUMBA WITH DONNA
MON	18:15-18:45	GYM	LEGS, BUMS, TUMS WITH STEPH
MON	19:30-20:30	SPIN STUDIO	VIBE CYCLE WITH STEPH
TUE	18:00-19:30	DRAMA	YOGA WITH HELEN
TUE	18:00-19:00	LARGE HALL	BOOTY UP
WED	18:00-19:30	DRAMA	YOGA WITH HELEN
WED	19:00-20:00	SPIN STUDIO	VIBE CYCLE WITH STEPH
WED	20:00-20:30	SMALL HALL	STRETCH & STRENGTH WITH STEPH
THURS	18:00-19:00	DANCE	PILATES WITH DONNA
THURS	19:00-20:00	DANCE	ZUMBA WITH DONNA
FRI	18:00-19:00	GYM	FIGHT KLUB CIRCUITS WITH STEPH