

FESTIVE TIMETABLE

Each week is different. To see who is teaching see the app for details

TIME	MON 16/12/24	TUE 17/12/24	WED 18/12/24	THU 19/12/24	FRI 20/12/24	SAT 21/12/24	SUN 22/12/24
5.30am		CYCLE 45	HIIT 45	PILATES			
8.00am		STEP 30	LITE & LO	STRETCH	TONE UP		CYCLE 45
8.15am						TONE UP 45	
8.30am		BOOTY BURN 30					
9.00am							STRETCH
9.15am		CYCLE 30	LOAD UP 45	LITE & LO			
9.30am	FIGHT FIT 45	LITE & LO			ZUMBA 45	HATHA YOGA	
9.50am		ABS BLAST					
10.05am			MOVE 2 MUSIC 45				
10.30am	AO50's PILATES		PILATES	TONE UP 45	AO50's CYCLE 45		
10.35am		STRETCH					
11.35am	STRONG & STABLE 45		STRONG & STABLE 45		STRONG & STABLE 45		
4.00pm							ZUMBA 45
4.30pm	PILATES		CYCLE 45				
5.00pm		ZUMBA 45					
5.15pm			LOAD UP				
5.35pm	HIIT 45						
5.45pm			PILATES		CYCLE 45		
5.50pm		STRONG SET 45					
6.00pm				HATHA YOGA			
6.25pm	TONE UP 45		ZUMBA 45				
6.45pm		VINYASA YOGA					
7.15pm	CYCLE 45						