

<b>MONDAY</b>	
<i>tP4Spin</i>	09:15 – 10:00
<i>Legs, Tums &amp; Bums</i>	10:15 – 11:00
<i>Pilates</i>	11:15 – 12:00
<i>tP4Spin</i>	18:00 – 18:45
<i>Total Tone</i>	19:00 – 19:45
<i>Fitness Yoga</i>	20:00 – 20:45

<b>TUESDAY</b>	
<i>Cycle Circuits</i>	06:45 – 07:30
<i>Cycle Circuits</i>	09:15 – 10:00
<i>Yoga</i>	10:15 – 11:00
<i>Tabata</i>	18:00 – 18:45
<i>tP4Spin</i>	19:00 – 19:45
<i>Yoga</i>	20:00 – 20:45

<b>WEDNESDAY</b>	
<i>tP4Spin</i>	09:15 – 10:00
<i>HIIT</i>	10:15 – 11:00
<i>Fitness Yoga</i>	11:15 – 12:00
<i>tP4Spin</i>	18:00 – 18:45
<i>HIIT</i>	19:00 – 19:45
<i>Stretch &amp; Core</i>	20:00 – 20:45

<b>THURSDAY</b>	
<i>HIIT</i>	06:45 – 07:30
<i>HIIT</i>	09:15 – 10:00
<i>tP4Spin</i>	10:15 – 11:00
<i>Fitness Pilates</i>	11:15 – 12:00
<i>Cycle Circuits</i>	18:00 – 18:45
<i>tP4Spin</i>	19:00 – 19:45
<i>Pilates</i>	20:00 – 20:45

<b>FRIDAY</b>	
<i>tP4Spin</i>	09:15 – 10:00
<i>Yoga</i>	10:15 – 11:00
<i>Tabata</i>	18:00 – 18:45

<b>SATURDAY</b>	
<i>tP4Spin</i>	09:00 – 09:45
<i>Lift Lean</i>	10:00 – 10:45

<b>SUNDAY</b>	
<i>tP4Spin</i>	09:00 – 09:45
<i>Stretch &amp; Core</i>	10:00 – 10:45