

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<b>YOGA</b> STUDIO 07.00-08.00	<b>ZUMBA</b> STUDIO 08.30-09.30	<b>YOGA</b> STUDIO 07.00-08.00	<b>ZUMBA</b> STUDIO 07.30-08.30	<b>TOTAL BODY</b> SYNERGY 08.30-09.15	<b>FIT YOGA</b> YOGA + STRENGTH CH ROOFTOP 07.00-08.00
<b>IGNITE</b> FULL BODY HIIT STUDIO 08.30-09.00	<b>SPIN</b> SPIN ROOM 08.30-09.30	<b>IGNITE</b> FULL BODY HIIT STUDIO 08.30-09.00	<b>SPIN &amp; CORE</b> SPIN ROOM 08.30-09.30	<b>BOOTYLICIOUS</b> BUMS & ABS STUDIO 08.30-09.30	<b>HIIT 45</b> FULL BODY HIIT STUDIO 08.30-09.15
	<b>ABS &amp; STRETCH</b> CORE STRENGTH & STRETCHING STUDIO 09.30-10.00	<b>PILATES</b> CORE & POSTURE STUDIO 09.00-10.00			<b>SPIN &amp; CORE</b> SPIN ROOM 09.30-10.15
	<b>AQUAGYM</b> 17.30-18.30				<b>ROCK BOTTOM</b> BUMS & LEGS SYNERGY 11.45-12.30
<b>BIG STARS</b> KIDS DANCE STUDIO 16.00-17.00	<b>POUND</b> STUDIO 18.00-19.00		<b>IGNITE</b> FULL BODY HIIT STUDIO 18.00-18.30		<b>BIG STARS</b> KIDS DANCE STUDIO 11.45-12.30
<b>BOOTYLICIOUS</b> BUMS & ABS STUDIO 18.00-19.00	<b>KONG</b> SYNERGY STUDIO 18.00-19.00	<b>MOUNTAIN GOAT</b> Spin, Strength & SYNERGY 18.00-19.00	<b>POUND</b> ROCK WORKOUT IF NO RAIN CH ROOFTOP 18.30-19.15		<b>HIGH INTENSITY</b>
<b>SPIN</b> SPIN ROOM 19.00-20.00	<b>SPIN</b> SPIN ROOM 19.00-20.00	<b>BOOTYLICIOUS</b> BUMS & ABS STUDIO 19.00-20.00	<b>YOGA</b> STUDIO 18.30-19.30	<b>IGNITE</b> FULL BODY HIIT STUDIO 17.00-17.30	<b>LOW INTENSITY</b>
<b>PILATES</b> CORE & POSTURE STUDIO 20.00-21.00	<b>ZUMBA</b> STUDIO 19.00-20.00	<b>SPIN</b> SPIN ROOM 19.00-20.00	<b>BOLLYWOOD BURN</b> BUMS STUDIO 19.30-20.30		<b>YOUTH CLASSES</b>