

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
YOGA STUDIO 07.00-08.00	ZUMBA STUDIO 08.30-09.30	YOGA STUDIO 07.00-08.00	SPIN AND STRENGTH SPIN ROOM & STUDIO 08.30-09.30	TOTAL BODY BLAST SYNERGY 08.30-09.15	HIIT 45 FULL BODY HIIT STUDIO 08.30-09.15
TOTAL BODY BLAST SYNERGY 08.30-09.15	SPIN & CORE SPIN ROOM 08.30-09.30	PANTHERS WRATH 2.0 FULL BODY HIIT 08.30-09.15		ZUMBA STRONG STUDIO 08.30-09.30	SPIN & CORE SPIN ROOM 09.30-10.15
		PILATES CORE & POSTURE STUDIO 09.15-10.15			ROCK BOTTOM BUMS & LEGS SYNERGY 11.45-12.30
	AQUAGYM 17.30-18.30				LITTLE STARS KIDS DANCE STUDIO 11.45-12.30
BIG STARS KIDS DANCE STUDIO 16.00-17.00	POUND STUDIO 18.00-19.00		IGNITE FULL BODY HIIT STUDIO 18.00-18.30		
BOOTYLICIOUS BUMS & ABS STUDIO 18.00-19.00	KONG SYNERGY STUDIO 18.00-19.00		POUND ROCK WORKOUT IF NO RAIN CH ROOFTOP 18.30-19.15		
TABATA STUDIO 19.00-19.45	SPIN SPIN ROOM 19.00-20.00	SPIN & BOOTY SPINNING, ABS & BUM 18.00-19.00	YOGA STUDIO 18.30-19.30	IGNITE 45 FULL BODY HIIT STUDIO 17.00-17.45	HIGH INTENSITY
PILATES CORE & POSTURE STUDIO 20.00-21.00	ZUMBA STUDIO 19.00-20.00	TABATA STUDIO 19.00-19.45	BOLLYWOOD BURN BUMS STUDIO 19.30-20.30		LOW INTENSITY
					YOUTH CLASSES