

Fitness Schedule

Monday

Tuesday

Wednesday

Thursday

Friday

Circuit Training
09:00 *til* 09:45

Yoga
07:30 *til* 08:30

HIIT Workout
08:45 *til* 09:15

Bootcamp
09:00 *til* 09:45

Yoga
07:30 *til* 08:30

Yoga
10:00 *til* 11:00

Legs, Bums & Tums
09:00 *til* 09:45

Yoga
09:30 *til* 10:30

Yoga for Beginners
10:00 *til* 11:00

Circuit Training
09:00 *til* 09:45

Smart Core
17:00 *til* 17:30

Body Balance
17:00 *til* 18:00

Pilates
17:30 *til* 18:30

Body Balance
17:00 *til* 18:00

Pilates
17:30 *til* 18:30

Body Combat
18:00 *til* 19:00

Yoga
18:30 *til* 19:30

Body Conditioning
18:30 *til* 19:30