

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
0615-0700 TRANSFORMATION CLUB	0600-0630 GYM CIRCUITS	0600-0630 GYM CIRCUITS	0600-0630 GYM CIRCUITS	0615-0645 KETTLERCISE	1000-1045 TRANSFORMATION CLUB	1030-1100 BODYWEIGHT
0930-1015 TRANSFORMATION CLUB	0630-0715 TRANSFORMATION CLUB	0645-0730 TRANSFORMATION CLUB	0630-0715 TRANSFORMATION CLUB	0700-0745 TRANSFORMATION CLUB	1100-1130 CARDIO & CORE	1115-1215 BODYFUSION (Yoga/Pilates)
1315-1345 TABATA	0930-1015 TRANSFORMATION CLUB	0930-1015 TRANSFORMATION CLUB	0930-1015 TRANSFORMATION CLUB	0930-1015 TRANSFORMATION CLUB		1230-1315 TRANSFORMATION CLUB
1400-1445 TRANSFORMATION CLUB	1315-1400 TRANSFORMATION CLUB	1315-1345 TABATA	1030-1100 STABILITY BALL	1100-1200 PILATES		
1730-1815 FUNCTIONAL CIRCUITS	1730-1815 TRANSFORMATION CLUB	1400-1445 TRANSFORMATION CLUB	1100-1200 PILATES	1315-1345 TABATA		
1830-1915 TRANSFORMATION CLUB	1815-1845 KETTLERCISE	1730-1815 LEGS BUMS TUMS	1315-1400 TRANSFORMATION CLUB	1400-1445 TRANSFORMATION CLUB		
	1900-2000 YOGA	1830-1915 TRANSFORMATION CLUB	1730-1815 BODY BLAST WITH BANDS	1730-1815 TRANSFORMATION CLUB		
			1815-1900 TRANSFORMATION CLUB	1830-1900 FEEL GOOD FRIDAY		
			1900-2000 PILATES			

CLASS TIMETABLE