
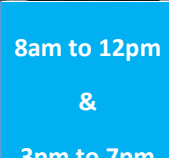



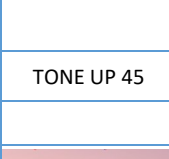

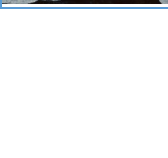


FESTIVE TIMETABLE

Each week is different. To see who is teaching see the app for details

TIME	MON 27/1/25	TUE 28/1/25	WED 29/1/25	THU 30/1/25	FRI 31/1/25	SAT 1/2/25	SUN 2/2/25
5.30am		CYCLE 45	HIIT 45	PILATES	CYCLE 45		
7.15am						HIIT 45	NON STOP 20
8.00am		STEP 30	LITE & LO	STRETCH	TONE UP		CYCLE 45
8.15am	8am to 12pm & 3pm to 7pm					TONE UP 45	
8.30am		BOOTY BURN 30					
9.00am							STRETCH
9.15am		CYCLE 30	LOAD UP 45	LITE & LO			
9.30am	AO50's	LITE & LO		CYCLE 45	ZUMBA 45	HATHA YOGA	
9.50am		ABS BLAST					
10.05am			MOVE 2 MUSIC 45				
10.30am	STRETCH		PILATES	TONE UP 45	AO50's CYCLE 45		
10.35am		STRETCH					
11:00am			MINI & M E				
11.35am			STRONG & STABLE 45		STRONG & STABLE 45		
4.00pm							ZUMBA 45
4.30pm			CYCLE 45				
5.00pm		ZUMBA 45		BODY BLITZ 45	ZUMBA 45		
5.15pm			LOAD UP				
5.45pm	TONE UP 45		PILATES		CYCLE 45		
5.50pm		STRONG SET 45					
6.00pm				HATHA YOGA FIGHT FIT 45			
6.25pm			HIIT 45				
6.45pm		VINYASA YOGA					