

MONDAY TUESDAY WEDNESDAY THURSDAY FRIDAY SATURDAY SUNDAY

STUDIO1 STUDIO1 STUDIO1 STUDIO1 STUDIO1 STUDIO1 STUDIO1

06:00
07:00
08:00
09:00
09:10
10:00
11:00
15:00
16:00
17:00
18:00
19:00

	B/G & I/M					
			B/G			
B/G						
				HIIT		
I/M		I/M				
		S2B	B/G			
S2B	I/S	S				

-  Private/Semi Private Class
-  Beginner/Gentle Group Class Level 2
-  Beginner/Improver Gentle Group Class
-  Improver/Moderate Group Class Level 3
-  Intermediate/Strong Group Class Level 4
-  Studio2Barre Group Class All levels
-  Stretch Group Class All levels
-  HIIT