

group training studio

TIME	MON	TUE	WED	THU	FRI	SAT	SUN
830am	<b>HIGH</b> fitness	<b>LES MILLS</b> <b>BODYPUMP</b>	<b>LES MILLS</b> <b>BODYSTEP</b>	<b>LES MILLS</b> <b>BODYPUMP</b>	<b>LES MILLS</b> <b>BODYCOMBAT</b>	<b>LES MILLS</b> <b>BODYPUMP</b>	
930am	BARRECORE	<b>ZUMBA</b>		<b>LES MILLS</b> <b>BODYBALANCE</b>	<b>LES MILLS</b> Shapes	<b>LES MILLS</b> Shapes	
10am			SilverSneakers		<b>YOGA</b> stretch		
1030am	SilverSneakers	SilverSneakers		SilverSneakers	<b>ZUMBA</b>		
530pm	<b>LES MILLS</b> <b>BODYPUMP</b>	<b>LES MILLS</b> Shapes	<b>tone</b> EXPRESS	<b>LES MILLS</b> <b>BODYPUMP</b>			
6pm			<b>LES MILLS</b> <b>CORE</b>				
630pm		<b>ZUMBA</b>	<b>LES MILLS</b> <b>BODYBALANCE</b>				
7pm	<b>ZUMBA</b>			<b>ZUMBA</b>			

Scan here!

