



# CLASS SCHEDULE

## GROUP EX STUDIO

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		<b>STRENGTH CIRCUIT (Sarah)</b> 9:00 - 9:45 am		<b>STRENGTH CIRCUIT (Sarah)</b> 9:00 - 9:45 am		
<b>STEP/KICK (Sabah)</b> 4:00 - 5:00 pm	<b>ZUMBA (Bianca)</b> 10:00 - 11:00 am	<b>YOGA (Jade)</b> 10:00 - 11:00 am	<b>ZUMBA (Jennifer)</b> 10:00 - 11:00 am	<b>ZUMBA (Andres)</b> 10:00 - 11:00 am	<b>ZUMBA (Monique)</b> 10:00 - 11:00 am	<b>ZUMBA (Iesha)</b> 10:00 - 11:00 am
	<b>ZUMBA (Iesha)</b> 6:00 - 6:45 pm		<b>STRENGTH CIRCUIT (Sabah)</b> 6:30 - 7:15 pm		<b>STRETCH &amp; TONE (Jade)</b> 11:00 - 11:45 am	<b>STRENGTH CIRCUIT (Iesha)</b> 11:00 - 11:30 am
	<b>STEP/KICK (Sabah)</b> 7:00 - 8:00 pm	<b>ZUMBA (Lou)</b> 7:00 - 8:00 pm	<b>ZUMBA (Sabah)</b> 7:15 - 8:15 pm	<b>ZUMBA (Lou)</b> 7:00 - 8:00 pm	<b>ZUMBA (Sabah)</b> 7:00 - 8:00 pm	

## SPIN STUDIO

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	<b>CYCLING (Monique)</b> 9:00 - 9:45 am		<b>CYCLING (Monique)</b> 9:00 - 9:45 am			

## HIIT STUDIO

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	<b>H.I.I.T CAMP (Rus)</b> 6:00 - 7:00 pm	<b>H.I.I.T CAMP (Rus)</b> 6:00 - 7:00 pm	<b>H.I.I.T CAMP (Rus)</b> 6:00 - 7:00 pm	<b>H.I.I.T CAMP (Rus)</b> 6:00 - 7:00 pm	<b>H.I.I.T CAMP (Rus)</b> 6:00 - 7:00 pm	<b>H.I.I.T CAMP</b> 10:00 - 11:00 am