











WORLD GYM[®] CHULLORA

ALL OUR STUDIO CLASSES ARE NOW LADIES ONLY

Morning Classes

| TIME | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY | SUNDAY |
|---------|--|---|--|-------------------------|---|--|--------|
| 6:00AM |  Loren | |  Loren | | | | |
| 8:30AM | | | | | | LES MILLS BODY PUMP Olga | |
| 9:30AM | BOXING <i>fitness</i> Deb | PILATES Rana | BOOT CAMP Aaliyah | ABT Caroline |  Dora | BOOT CAMP Reema | |
| 10:00AM | | | | STEP Caroline | | | |
| 10:30AM | STRENGTH ABT Deb |  Stacey | | |  KICK BOXING Aaliyah |  | |

Evening Classes

| | | | | | | | |
|--------|---|---|---|---|--|--|--|
| 5:30PM |  Stacey | |  Dora | LES MILLS BODY PUMP Andrea | | | |
| 6:30PM | LES MILLS BODY PUMP Olga |  Emma | |  Stacey | | | |
| 7:30PM | LES MILLS BODY BALANCE Rasha | | | | | | |

ALL FUNCTIONAL CLASSES ARE OPEN TO ALL ON THE GYM FLOOR (Downstairs next to back stairs)

| TIME | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY | SUNDAY |
|--------|--------|-----------------------|--|----------|--------------------------------|----------|--------|
| 5:30PM | | | | | BOOT CAMP Khalil | | |
| 6:30PM | | | BOOT CAMP Khalil | | | | |
| 7:30PM | | HIIT Khalil | BOXING <i>fitness</i> Kevin | | | | |
| 8:00PM | | ABT Khalil | | | | | |