

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Circuits 07:00 - 07:30 1 st Floor Platform	ABS 07:00 - 07:15 1 st Floor Platform	Circuits 07:00 - 07:30 1 st Floor Platform	ABS 07:00 - 07:15 1 st Floor Platform	Indoor Cycling 09:30 - 10:30 (max time) ▶ Grd Floor Platform	Indoor Cycling 09:00 - 09:45 Grd Floor Platform	Indoor Cycling 09:30 - 10:30 (max time) ▶ Grd Floor Platform
Indoor Cycling 09:30 - 10:30 (max time) ▶ Grd Floor Platform	H.I.I.T 09:30 - 09:45 1 st Floor Platform	Indoor Cycling 09:30 - 10:30 (max time) ▶ Grd Floor Platform	Boxercise 09:30 - 10:15 1 st Floor Platform	Indoor Cycling 12:00 - 13:00 (max time) ▶ Grd Floor Platform	Circuits 09:45 - 10:30 1 st Floor Platform	Indoor Cycling 12:00 - 13:00 (max time) ▶ Grd Floor Platform
Boxercise 12:15 - 13:00 1 st Floor Platform	Indoor Cycling 12:15 - 13:00 Grd Floor Platform	Boxercise 12:15 - 13:00 1 st Floor Platform	Indoor Cycling 12:15 - 13:00 Grd Floor Platform	Indoor Cycling 17:00 - 18:00 (max time) ▶ Grd Floor Platform	Indoor Cycling 12:00 - 13:00 (max time) ▶ Grd Floor Platform	Krav Maga 13:00 - 14:00 1 st Floor Platform
Indoor Cycling 17:15 - 18:00 Grd Floor Platform	Boxercise 17:15 - 18:00 1 st Floor Platform	H.I.I.T 17:15 - 17:30 1 st Floor Platform	H.I.I.T 17:15 - 17:30 1 st Floor Platform		Indoor Cycling 16:00 - 17:00 (max time) ▶ Grd Floor Platform	Indoor Cycling 16:00 - 17:00 (max time) ▶ Grd Floor Platform
Boxercise 18:10 - 18:55 1 st Floor Platform	Indoor Cycling 18:10 - 18:55 Grd Floor Platform	Indoor Cycling 18:00 - 18:55 Grd Floor Platform	Boxercise 18:10 - 18:55 1 st Floor Platform			
H.I.I.T 19:05 - 19:20 1 st Floor Platform	H.I.I.T 19:05 - 19:20 1 st Floor Platform	Boxercise 19:05 - 19:50 1 st Floor Platform	Indoor Cycling 19:05 - 19:50 Grd Floor Platform			
Indoor Cycling 20:00 - 21:00 (max time) ▶ Grd Floor Platform	Indoor Cycling 20:00 - 21:00 (max time) ▶ Grd Floor Platform	Indoor Cycling 20:00 - 21:00 (max time) ▶ Grd Floor Platform	Krav Maga 20:00 - 21:00 1 st Floor Platform			

CLASS TIMETABLE

