



FITNESS PROGRAM						
	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
09:30 – 10:00	Yoga	Yoga	Yoga	Yoga	Yoga	Yoga
10:00 – 10:45		HIIT's	Zumba	ZUU	Boxercise	Bootcamp
11:00 – 11:45		Pilates	Yogalates	Pilates	Yogalates	Pilates
15:00 – 15:30	Aqua Fit	Aqua Fit	Aqua Fit	Aqua Fit	Aqua Fit	Aqua Fit
16:00 – 16:45	Ab Attack	Body Conditioning	Fitball	Ab Attack	Body Conditioning	Fitball
17:00 – 17:45	Zumba	Boxercise	Bootcamp	Circuits	HIIT's	Zumba
18:00 – 18:45	Stretch & Relax	Stretch & Relax	Stretch & Relax	Stretch & Relax	Stretch & Relax	

Please note this timetable is subject to change. Booking is essential to guarantee a place.