

STUDIO TIMETABLE



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
K-BOX 08:30-9:00	HIIT 08:30-9:00	EXHALE 08:30-9:00	20/10 08:30-9:00	KILLER ABS 08:30-9:00		
YOGA 09:30-10:30	KILLER ABS 09:30-10:00	K-BOX 09:30-10:00	LBT 09:30-10:00	HATHA YOGA 09:30-10:30		
			PILATES 10:00-10:45			
SPINSANITY 10:30-11:00		SPINSANITY 10:30-11:00				
		SOLO CIRCUIT 11:00-11:30		KISS 360 11:00-11:30	KICK-IT 11:00-12:00	BOXING WITH KNOCKOUT FITNESS (women only) 12:00 - 13.00
					POWER YOGA 12:00 - 13:00	
	LATIN BEATS 13:00 - 13:30		LATIN BEATS 13:00 - 13:30			
BARRE (women only) 18:00-18:45	BOOTCAMP 18:00-18:45	KILLER ABS 18:00-18:30	SOLO CIRCUIT 18:00-18:30	LBT (women only) 18:00-18:30		
STRONG NATION 19:00-20:00	YOGA 19:00-20:00	JUMPX &3 18:50-19:40	SOUL2SOLE HEELS (women only) 19:00-20:00	BOXING WITH KNOCKOUT FITNESS (women only) 19:00-20:00		
ZUMBA 20:00-21:00		KICK-IT 20:00-21:00				