

# Winter Schedule

6<sup>th</sup> of January – 12<sup>th</sup> of April 2020

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
07.15			FAT BURN CYCLING 45 07.15 – 08.00				
10.30						BODY PUMP 10:30 - 11:30	
11.00						PILATES 11:00 – 12:00	
11.10							BODY PUMP 11:10 – 12:10
12.00						BODY SCULPT CYCLING 12:00 – 13:00	
12.20		ZUMBA 45 12:20 – 13:05					
12.20	PILATES 45 12:20 – 13:05	PILATES 45 12:20 – 13:05	POWER YOGA 45 12:20 – 13:05	PILATES 45 12:20 – 13:05	YOGA 45 12:20 – 13:05	ASHTANGA YOGA 12:20 – 13:20	BODY STEP 12:20 – 13:20
12.20			POWER PILATES 45 12.20 – 13.05				
12.30	DIVINE ABS/THIGHS30 12:30 – 13:00			BODYPUMP 45 12:30 – 13:15	ZUMBA 30 12:30 – 13:00		
12.30		ZERO GRAVITY 45 12:30 – 13:15		ZERO GRAVITY 45 12:30 – 13:15			
12.45	CYCLOBEAT 45 12:45 – 13:30				CYCLOBEAT 45 12:45 – 13:30		
13.00							PILATES 13:00 – 14:00
13.05	DIVINE ABS/THIGHS30 13.05 – 13:35				ZUMBA 30 13:05 – 13:35		
13.10		BODYPUMP 45 13:10 – 13:55					
13.10	PILATES 45 13:10 – 13:55	YOGA 45 13:10 – 13:55	DIVINE ABS/THIGHS 45 13:10 – 13:55	POWER YOGA 45 13:10 – 13:55	PILATES 45 13:10 – 13:55		
13.30						VINYASA YOGA 13:30 – 14:30	
14.05							PILATES 14:05 – 15:05
17.00							XPRESS CYCLING 17:00 – 17:30
17.45	XPRESS SIX PACK 17.45 – 18.15						

<b>17.45</b>	<b>BODYPUMP 45</b> 17:45 – 18:30	<b>BODYPUMP 45</b> 17:45 – 18:30			<b>BODYPUMP 45</b> 17:45 – 18:30		
<b>18.00</b>					<b>XPRESS SIX PACK</b> 18.00 – 18.30		
<b>18.20</b>	<b>HATHA FLOW YOGA</b> 18:20 – 19:20	<b>PILATES</b> 18:20 – 19:20	<b>H.I.T 45</b> 18:20 – 19:05				
<b>18.30</b>			<b>PILATES</b> 18:30 – 19:30	<b>VINYASA YOGA</b> 18:30 – 19:30			
<b>18.35</b>	<b>BODY STEP</b> 18:35 – 19:35	<b>BODY STEP 30</b> 18:35 – 19:05		<b>BODY PUMP</b> 18:35 – 19:35	<b>BODY PUMP</b> 18:35 – 19:35		
<b>19.00</b>					<b>POWER BOX</b> 19:00 – 20:00		
<b>19.10</b>		<b>BODY PUMP</b> 19:10 – 20:10	<b>BODY PUMP</b> 19:10 – 20:10				
<b>19.15</b>	<b>HIIT CYCLING 45</b> 19:15 – 20:00	<b>CYCLING</b> 19:15 – 20:15					
<b>19.25</b>	<b>ASHTANGA YOGA</b> 19:25 – 20:25	<b>PILATES</b> 19:25 – 20:25					
<b>19.35</b>			<b>DIVINE ABS/THIGHS 45</b> 19:35 – 20:20	<b>SWEET VINYASA YOGA</b> 19:35 – 20:35			
<b>19.40</b>	<b>BODY PUMP</b> 19:40 – 20:40						
<b>20.15</b>			<b>ZUMBA 30</b> 20.15 – 20.45				

**All classes in purple color are taking place in Studio 2**

**Aqua Gym classes are payable by 10 for 30 €**