

# Autumn Schedule

3<sup>rd</sup> of september – 18<sup>th</sup> of December 2018

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
07.15			FAT BURN CYCLING 45 07.15 – 08.00				
09.30						HATHA FLOW YOGA 09:30 – 10:30	
10.30						BODY PUMP 10:30 - 11:30	
11.00						PILATES 11:00 – 12:00	BODY FUSION 11-00 – 12.00
11.10							BODY PUMP 11:10 – 12:10
11.35						BODY STEP 11:35 – 12:35	
12.00						BODY SCULPT CYCLING 12:00 – 13:00	
12.05							PILATES 12:05 – 13:05
12.15		ZUMBA 30 12:15 – 12:45					
12.20	PILATES 45 12:20 – 13:05	FEEL GOOD STRETCH 45 12:20 – 13:05	BODY&MIND 45 12:20 – 13:05	POWER PILATES 45 12.20 – 13.05	PILATES 45 12:20 – 13:05	ASHTANGA YOGA 12:20 – 13:20	BODY STEP 12:20 – 13:20
12.20			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 (H2O) 45 12:30 – 13:15		ZERO GRAVITY (H2O) 45 12:30 – 13:15			
12.45	CYCLING 45 12:45 – 13:30		CYCLING ON THE BEATS 45 12:45 – 13:30		PNP CYCLING 45 12:45 – 13:30		
12.50		ZUMBA 30 12:50 – 13:20					
13.05	DIVINE ABS/THIGHS30 13.05 – 13:35				ZUMBA 30 13:05 – 13:35		
13.10			DIVINE ABS/THIGHS 45 13:10 – 13:55				
13.10	PILATES 45 13:10 – 13:55	FEEL GOOD STRETCH 45 13:10 – 13:55	BODY&MIND 45 13:10 – 13:55		PILATES 45 13:10 – 13:55		
13.20		XPRESS SIX PACK 13:20 – 13:50					
13.30						VINYASA YOGA 13:30 – 14:30	BODY PUMP 13:30 – 14:30

<b>17.45</b>	<b>XPRESS SIX PACK 17.45 – 18.15</b>						
<b>17.45</b>	<b>BODYPUMP 45 17:45 – 18:30</b>	<b>BODYPUMP 45 17:45 – 18:30</b>			<b>BODYPUMP 45 17:45 –18:30</b>		
<b>18.00</b>					<b>XPRESS SIX PACK 18.00 – 18.30</b>		
<b>18.20</b>	<b>VINYASA FLOW YOGA 18:20 – 19:20</b>	<b>PILATES 18:20 – 19:20</b>	<b>H.I.T 45 18:20 – 19:05</b>				
<b>18.30</b>			<b>PILATES 18:30 – 19:30</b>	<b>VINYASA YOGA 18:30 – 19:30</b>			
<b>18.35</b>	<b>BODY STEP 18:35 – 19:35</b>	<b>BODY STEP 30 18:35 – 19:05</b>		<b>BODY PUMP 18:35 – 19:35</b>	<b>BODY PUMP 18:35 – 19:35</b>		
<b>19.00</b>					<b>POWER BOX 19:00 – 20:00</b>		
<b>19.10</b>		<b>BODY PUMP 19:10 – 20:10</b>	<b>BODY PUMP 19:10 – 20:10</b>				
<b>19.15</b>	<b>HIIT CYCLING 45 19.15 – 20.00</b>	<b>CYCLING 19:15 – 20:15</b>		<b>PNP CYCLING 19.15 – 20.15</b>			
<b>19.25</b>	<b>ASHTANGA YOGA 19:25 – 20:25</b>	<b>PILATES 19:25 – 20:25</b>					
<b>19.35</b>			<b>DIVINE ABS/THIGHS 45 19:35 – 20:20</b>	<b>SWEET VINYASA YOGA 19:35 – 20:35</b>			
<b>19.40</b>	<b>BODY PUMP 19:40 – 20:40</b>			<b>BODY STEP 19:40 – 20:40</b>			
<b>20.15</b>			<b>ZUMBA 20:15 – 21:15</b>				

**All classes in green are taking place in Studio 2**

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