

# Autumn Schedule 2020

31<sup>st</sup> of August – 13<sup>th</sup> of December 2020

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
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	
12.30	PILATES 45 12:30 – 13:15	ZUMBA 45 12:30 – 13:15	POWER YOGA 45 12:30 – 13:15	PILATES 45 12:30 – 13:15	YOGA 45 12:30 – 13:15		
12.45	CYCLOBEAT 45 12:45 – 13:30	PILATES 45 12:45 – 13:30		BODYPUMP 45 12:45 – 13:30	CYCLOBEAT 45 12:45 – 13:30		
13.00							PILATES 13:00 – 14:00
13.10			DIVINE ABS/THIGHS 45 13:10 – 13:55				

17.45	BODYPUMP 45 17:45 – 18:30	BODY STEP 45 17:45 – 18:30					
18.00					XPRESS SIX PACK 18.00 – 18.30		
18.15				FAT BURN CYCLING 45 18:15 – 19:00			
18.30	VINYASA YOGA 18:30 – 19:30	PILATES 18:30 – 19:30	PILATES 18:30 – 19:30	VINYASA YOGA 18:30 – 19:30			
18.30			DIVINE ABS/THIGHS 45 18:30 – 19:15				
18.40					BODY PUMP 18:40 – 19:40		
18.50	BODY STEP 18:50 – 19:50	BODY PUMP 18:50 – 19:50					
19.00				BODY PUMP 19:00 – 20:00			
19.15		CYCLING 19:15 – 20:15					
19.35			BODY PUMP 45 19:35 – 20:20				

All classes in green color are taking place in Studio 2