

AQUA LIFE.

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6AM	BODYATTACK 45 MIN	BODYPUMP	BODYBALANCE	BODYPUMP	TONE 45 MIN		
8AM	AQUA FIT						BODYPUMP
8.30AM						TONE 45 MIN	
9AM	AQUA FIT	AQUA DEEP	AQUA FIT	AQUA FIT	AQUA RESISTANCE	AQUA DEEP	AQUA RESISTANCE CORE 30 MIN
9.30AM	TONE 45 MIN	BODYSTEP 45 MIN	BODYPUMP	TONE 45 MIN	BODYATTACK 45 MIN	BODYPUMP	BODYATTACK 45 MIN
10.30AM	BODYPUMP	BODYBALANCE	SH'BAM	YOGA	BODYBALANCE	BODYBALANCE	BODYBALANCE
5PM							
5.30PM	YOGA	BODYATTACK 45 MIN	TONE 45 MIN	BODYPUMP	BODY JAM		
6PM	AQUA FIT		AQUA FIT				
6.30PM	BODYPUMP	PILATES	YOGA	CORE 30 MIN			

LEISURE LIFE.

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6AM	POWER CIRCUIT		POWER CIRCUIT		HIIT / BOX 45 45 MIN		
6AM	RPM 45 MIN		RPM 45 MIN		RPM 45 MIN		
8.15AM						RPM 45 MIN	
9.30AM	PILATES	BODYPUMP	TONE 45 MIN		PILATES	BODYCOMBAT	
5PM							
5.30PM	BODYCOMBAT	BODYPUMP	BODYCOMBAT	SH'BAM			
6PM	RPM 45 MIN	RPM 45 MIN		RPM 45 MIN			
6.30PM	BODY JAM		BODYPUMP	BODYBALANCE			
7.30PM	BODYBALANCE						