

ZOOM TIMETABLE

07:00

10:30

12:30

18:00

MON

PILATES

SPIN

YOGA

TUE

BW CIRCUIT

HIIT CLASS
30 MINUTES

WED

YOGA

ATHLETIC
HOUR

RESISTANCE
TRAINING
30 MINUTES

THU

BOOTCAMP

AD
STARTER KIT
45 MINUTES

HIIT CLASS
30 MINUTES

FRI

PILATES

SPIN

SUN

YOGA