

ONLINE CLASS TIMETABLE

MON

TUE

WED

THU

FRI

SUN

07:00
PILATES



07:00
PILATES



07:00
YOGA



07:00
HIIT
CIRCUIT



07:00
PILATES



08:30
YOGA



08:00
HIIT
CIRCUIT



08:00
HIIT
CIRCUIT



08:00
HIIT
CIRCUIT



08:00
PILATES



08:00
HIIT
CIRCUIT



12:30
HIIT
CIRCUIT



12:30
HIIT
PILATES



12:30
HIIT
CIRCUIT



12:30
HIIT
PILATES



12:30
YOGA



18:00
YOGA

