
























































| MONDAY                                                                                                                                                                                                  | TUESDAY                                                                                                                                                                                                                                                                                                        | WEDNESDAY                                                                                                                                                                                                                                                                                                         | THURSDAY                                                                                                                                                                                                  | FRIDAY                                                                                                                                                                                                                                                                                   | SATURDAY                                                                                                      | SUNDAY |
|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------|--------|
| 10.30-11.30<br>Aqua gym<br>           | 10.30-11.30<br>Aqua sculpt<br>                                                                                                               | 10.30-11.30<br>Pilates fit ball<br>                                                                                                             | 10.30-11.30<br>Aqua gym<br>         | 10.30-11.30<br>Aqua sculpt<br>                                                                                     |                                                                                                               |        |
| 12.30-13.30<br>TBC<br>                                                                                                 | 12.30_13.30<br>Body power<br>                                                                                                                | 12.30-13.30<br>Spinning<br>                                                                                                                     | 12.30-13.30<br>Step<br>             | 12.30-13.30<br>Body shape<br>   |                                                                                                               |        |
| 18.15-19.15<br>FAC<br>                                                                                                 | 18.15-19.15<br>Zumba<br>                                                                                                                     | 18.15-19.15<br>Body shape<br>                                  | 18.15-19.15<br>Body power<br>       | 18.15-19.15<br>Spinning<br>                                                                                        | 16.30-17.30<br>Tai-chi<br> |        |
| 19.15-20.15<br>Step and move<br>  | 19.00-20.15<br>Tai-chi <br>19.15-20.15<br>Aqua gym<br>  | 19.30-21.00<br>Tai-chi <br>19.30-20.30<br>Aqua sculpt<br>  | 19.15-20.15<br>Spinning<br>       | 19.15-20.15<br>Step<br>                                                                                          |                                                                                                               |        |
| 20.15-21.15<br>Mind and body<br>                                                                                     | 20.15-21.15<br>Spinning<br>                                                                                                              | 20.15-21.15<br>Stretching<br>                                                                                                                                                                                                  | 20.15-21.15<br>Body boxing<br>  | 20.15-21.15<br>Pilates<br>                                                                                     |                                                                                                               |        |

 weight loss  well being  musculation  cardio