

# SUMMER TIMETABLE

## AUGUST - SEPTEMBER 2019

THE WEEK	MAIN STUDIO	SUBWAY	PARK	YOGA STUDIO
SUNDAY	18:00 <b>SPIN &amp; ABS</b> <i>BY SIMON</i> 19:00 <b>TABATA</b> <i>BY SIMON</i>		10:00 <b>AB BLAST</b> <b>FITNESS TEAM - FREE</b> 17:00 <b>TANK INTRO - FREE</b>	
MONDAY	19:00 <b>ZUMBA</b> <i>BY CON</i>	18:00 <b>KICKBOXING</b> <i>BY NAT</i>	10:00 <b>TANK INTRO - FREE</b> 17:00 <b>AB BLAST</b> <b>FITNESS TEAM - FREE</b>	19:00 <b>YOGA</b> <i>BY SAKEER</i>
TUESDAY	18:00 <b>DANCE AEROBICS</b> <i>BY NIMA</i> 19:00 <b>SPIN &amp; ABS</b> <i>BY SIMON</i>		10:00 <b>AB BLAST</b> <b>FITNESS TEAM - FREE</b> 17:00 <b>SLAM BALL INTRO</b> <b>- FREE</b>	
WEDNESDAY		18:00 <b>KICKBOXING</b> <i>BY NAT</i>	17:00 <b>SLAM BALL INTRO</b> <b>- FREE</b> 17:00 <b>AB BLAST</b> <b>FITNESS TEAM - FREE</b>	19:00 <b>YOGA</b> <i>BY SAKEER</i>
THURSDAY	18:00 <b>STEP &amp; ABS</b> <i>BY NIMA</i> 19:00 <b>CIRCUIT TRAINING</b> <i>BY HASTINGS</i>			
FRIDAY		9:00 <b>BOXFIT</b> <i>BY GAYAN</i>	10:00 <b>AB BLAST</b> <b>FITNESS TEAM - FREE</b>	
SATURDAY			17:00 <b>AB BLAST</b> <b>FITNESS TEAM - FREE</b>	19:00 <b>YOGA</b> <i>BY SAKEER</i>

- All classes taking place in the **Park Area** are 15 minutes only.
- Do not forget to collect your class token from reception.
- Sign in at reception from 30 minutes before class starts to book your spot as numbers are limited.

