

# SUMMER TIMETABLE

NOVEMBER - DECEMBER 2019

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

- 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.

