

# CLASS TIMETABLE



MONDAY- CYCLE FIT 08:30AM (30MINS)  
STRETCH&TONE 09:30AM (45 MINS)

WEDNESDAY-FULL BODY BLAST  
09:30AM (45 MINS)

FRIDAY- CYCLE FIT 08:30AM (30 MINS)  
STRETCH&TONE 09:30AM (45 MINS)

PLEASE NOTE: THESE CLASSES ARE  
SUBJECT TO CHANGE.