



Timetable

UPDATED POST COVID

PH: 9576 5557 STAFFED HOURS: MON-SUN 8:00AM-12:00 & MON-THU 4:00PM-8:00PM

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5:30AM-10:30PM	5:30AM-10:30PM	5:30AM-10:30PM	5:30AM-10:30PM	5:30AM-10:30PM	5:30AM-10:30PM	5:30AM-10:30PM
6:00AM GROUP TRAIN(50 MINS) RAMONA		6:00AM THT (50 MINS) RAMONA	6:00AM TRI (50 MINS) EVA	6:00AM CLASS by B (50 MINS) BIANCA	8:30AM TRI (40 MINS) EVA	
9:10AM STRONGER (40 MINS) RAMONA	9:30AM CARDIO/ABS (40 MINS) GEMMA	9:10AM BOOTI-BURN (40 MINS) RAMONA	9:45AM STRONGER (50 MINS) EVA	9:10AM TRI (40 MINS) EVA	9:20AM ARMS/ ABS (40 MINS) EVA	
						8:50AM GROUP TRAIN (40 MINS) RAMONA/ALEX
10:00AM TRI (40 MINS) GEMMA	10:15AM Vitalise Strength (30 MINS) RAMONA		10:00AM Vitalise Circuit (30 MINS) RAMONA	10:00AM CARDIO/ABS (40 MINS) GEMMA	10:10AM PILATES (50 MINS) ALEX	9:40AM THT (50 MINS) RAMONA/ ALEX
10:00AM Vitalise Circuit (30 MINS) RAMONA	10:20AM TRI (40 MINS) EVA	10:00AM Vitalise Circuit (30 MINS) RAMONA		10:00AM Vitalise Fit-ball (30 MINS) RAMONA		
10:45AM Vitalise Circuit (30 MINS) RAMONA	11:00AM Vitalise Strength (30 MINS) RAMONA	10:45AM Vitalise Circuit (30 MINS) RAMONA	10:45AM Vitalise Circuit (30 MINS) RAMONA	10:45AM Vitalise Fit-ball (30 MINS) RAMONA		
5:30PM BOOTI BURN (40 MINS) EVA	6:00PM CARDIO/ABS (40 MINS) EVA	6:10PM ARMS & ABS (40 MINS) EVA	6:00PM THT (50 MINS) RAMONA			
6:20PM TRI (50 MINS) EVA	7:00PM PILATES (50 MINS) ALEX	6:50PM BOOTI BURN (40 MINS) EVA				