



# Timetable

## STARTS 23/11/2020

**PH: 9576 5557 STAFFED HOURS: MON-SUN 8:00AM-12:00 & MON-THU 4:00PM-8:00PM  
OPEN EVERYDAY 5:30AM TO 10:30PM**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:00AM GROUP TRAIN RAMONA		6:00AM THT RAMONA	6:00AM TRI EVA	6:00AM CLASS by B BIANCA	8:30AM TRI EVA	
9:10AM STRONGER RAMONA	9:10AM TRI BIANCA	9:10AM BOOTI-BURN RAMONA	9:30AM STRONGER NIKKI	9:10AM TRI EVA	9:30AM ARMS/ ABS ALEX	
10:10AM TRI EVA	10:15AM CLASS by B BIANCA			10:10AM CARDIO/ABS Downstairs GEMMA		9:00AM GROUP TRAIN RAMONA/ALEX
10:30AM VIT CIRCUIT RAMONA	10:30AM VIT STRENGTH RAMONA	10:30AM VIT CIRCUIT RAMONA	10:30AM VIT CIRCUIT RAMONA	10:30AM VIT FIT-BALL RAMONA	10:30AM PILATES ALEX	10:00AM YOGA MEITAL
5:30PM CLASS By B BIANCA	6:00PM CARDIO/ABS BIANCA	5:30PM ARMS & ABS EVA	5:45PM THT RAMONA			
6:30PM BOOTI BURN EVA	7:00PM PILATES ALEX	6:30PM BOOTI BURN EVA	6:45PM YOGA MEITAL			