



# Timetable

## STARTS 19/7/2021

### BOOKINGS REQUIRED FOR CYCLE

**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 CYCLE (45 MINS) KOKO	6:00AM BOOTI/CORE  BIANCA	6:00AM GROUP TRAIN  BIANCA	6:00AM CARDIO/ABS  GEMMA	6:00AM CLASS BY B  BIANCA	7:30AM BOOTI-BURN  EVA	9:00AM GROUP TRAIN  RAMONA/KOKO & ALEX
9:15AM STRONGER  RAMONA	9:15AM CLASS BY B  BIANCA	9:15AM BOOTI-BURN  RAMONA		9:15AM TRI  EVA	8:30AM CARDIO PILATES  EVA	10:00AM YOGA  MEITAL
		9:30AM CYCLE/BOX  KOKO	9:30AM STRONGER  NIKKI		9:00AM CYCLE/BOX  KOKO	
					9:30AM PILATES  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		
5:30PM CLASS BY B  BIANCA	6:00PM CARDIO/ABS  KOKO	5:30PM BOOTI-BURN  EVA	5:45PM THT  RAMONA			
6:30PM BOOTI BURN  BIANCA	7:00PM PILATES  ALEX	6:30PM ARMS & ABS  RAMONA	6:45PM YOGA  MEITAL			
	7:00PM X-PRESS CYCLE (30 MINS) KOKO					