

SPRING SCHEDULE

From 9th of January - 17th of June 2012

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
10.30						BodyPump45	
11.00						Pilates	
11.10							Body Pump
11.20						Core Exp	
11.55						Body Step 45	
12.15		Zumba 30			Zumba 30		
12.20	Pilates 40		Body&Mind 40		Pilates 40	Power Yoga	
12.30	Abs/Thighs 30			BodyPump45			
12.30	Cycling 45	Aqua Gym 45	Cycling 45	Aqua Gym 45	Cycling 45		
12.30			Body Jam 45				
12.45		Zumba 30			Zumba 30		Pilates
13.05	Pilates 40		Body&Mind 40		Pilates 40		
13.05	Abs/Thighs 30						
13.20		Core Exp	Abs/Thighs 30	Body Step 30			
13.55							Pilates
15.00							Body Step
15.30						Body Toning	
16.15							Power Box
17.45		BodyPump45	BodyPump45				
18.00	Core Exp				Core Exp		
18.20		Pilates					
18.35			Core Exp	Pilates			
18.40	Body Jam	Power Box	Cycling Exp	Body Pump	Body Pump		
18.40	Cycling Exp	Cycling Exp		Cycling	Cycling		
19.00							
19.10			Body Pump				
19.15	Cycling	Cycling	Cycling				
19.30	BodyArtYoga	Pilates					
19.40				AshtangaYoga			
19.45	Body Step	Stretching 30		Body Step			
20.20			Zumba 45				

Aqua Gym classes are payable by 10 for 30 €