

GROUP FITNESS TIMETABLE

TIME	MON	TUE	WED	THU	FRI	SAT
	Douitalica with Nanov		Revitalise with	Revitalise with	Revitalise	
9:00am	Revitalise with Nancy Move for life	Bums, tums & Legs	Nancy	Nancy	with Tanya	
9:30am			Zumba Gold	HIIT	Stretch & Flex	
10.00am				Zumba		
10.30am		Strong	Zumba Gold		Zumba Step	Pilates Group Ride
11:00am				Pilates		
12:00pm			Group Ride			
5:30pm			Bootcamp		Animal moves	
6:00pm	Group Ride					
6:30pm		Group Blast		Zumba Step		
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