
















GROUP FITNESS STUDIO

| | MON | TUES | WED | THUR | FRI | SAT | SUN |
|----------|--|---|---|---|-----|-----|-----|
| 08:00 AM | | | |  VIVA GROUP X | | | |
| 09:15 AM |  SPIN GROUP X |  FUSION 45 GROUP X |  PUNCH GROUP X |  PUMP 45 GROUP X | | | |
| 10:15 AM | | |  PILATES GROUP X | | | | |
| 11:00 AM | | |  STRENGTH & WELLNESS GROUP X | | | | |
| 05:45 PM |  SPIN GROUP X |  PUMP 45 GROUP X |  DANCE FIT GROUP X | | | | |

SMALL GROUP TRAINING

| | | | | | | | |
|----------|--|--|--|---|--|--|--|
| 06:00 AM | |  BOOTCAMP SGT | | |  BOOTCAMP SGT | | |
| 09:15 AM | | | | |  HIIT SGT |  STRENGTH SGT | |
| 06:00 PM | | | |  STRENGTH SGT | | | |
| 06:15 PM | |  HIIT SGT | | | | | |
| 06:30 PM | | |  TBT 30 SGT | | | | |

GYM AREA

| | | | | | | | |
|------------------|---|---|---|---|---|--|--|
| 03:30 - 05:00 PM |  TEEN GYM |  TEEN GYM |  TEEN GYM |  TEEN GYM |  TEEN GYM | | |
|------------------|---|---|---|---|---|--|--|