
















GROUP FITNESS STUDIO

	MON	TUES	WED	THUR	FRI	SAT	SUN
06:00 AM		 CIRCUIT GROUP X			 CIRCUIT GROUP X		
08:00 AM				 VIVA GROUP X			
09:15 AM	 STEP GROUP X	 FUSION 45 GROUP X	 PUNCH GROUP X	 PUMP GROUP X	 HIIT SGT	 STRENGTH SGT	
11:00 AM			 STRENGTH & WELLNESS GROUP X				
05:45 PM		 PUMP GROUP X	 DANCE FIT GROUP X				
06:15 PM	 HIIT SGT			 YOGA GROUP X			
06:30 PM			 TBT 30 SGT				

GYM AREA

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