

CLASS TIMETABLE

MONDAY

07:15 R-FIT FULL BODY

07:15 POWER YOGA

08:15 SHREDDDED ABS

11:00 VINYASA YOGA

13:00 PILATES

13:00 METCON

18:30 BOXING

18:30 YIN YOGA

19:15 TRX

19:30 PILATES

TUESDAY

07:15 KILLER KETTLE BELLS

07:15 PILATES

12:30 RAISE THE BARRE

12:30 KICKBOXING

13:15 R-FIT FULL BODY

18:00 VINYASA YOGA

18:30 BOXING

19:15 HOT YOGA FLOW

19:30 R-FIT UPPER BODY

WEDNESDAY

07:15 METCON

07:15 POWER YOGA

09:30 BOXING

12:00 VINYASA YOGA

13:00 BOXING

13:00 PILATES

17:00 DANCE

18:00 PILATES

19:00 MET CON

20:00 VINYASA YOGA

20:00 SHREDDDED ABS

THURSDAY

07:15 FULL R-FIT BODY

08:15 SHREDDED ABS

10:00 BOOTY CALLS

12:30 PILATES

13:00 TRX

18:00 HATHA YOGA

19:15 HOT YOGA FLOW

19:30 BOOTY CALLS

FRIDAY

07:15 VINYASA YOGA

07:15 BOXING

08:15 SHREDDED ABS

12:30 RAISE THE BARRE

12:30 R-FIT UPPER BODY

13:00 METCON

18:00 YIN YOGA

18:00 KILLER KETTLE BELLS

19:00 R-FIT LOWER BODY

SATURDAY

10:15 KILLER KETTLE BELLS

10:30 POWER YOGA

11:30 HOT YOGA FLOW

12:45 DANCE

13:00 METCON

SUNDAY

09:45 PILATES

11:30 KICKBOXING

12:30 KILLER KETTLE BELLS

13:00 VINYASA YOGA

14:00 RAISE THE BARRE

