

Morning Sessions

Evening Sessions

	Morning Sessions				Evening Sessions			
Mon							INDOOR CYCLING 18.30 - 19.00	AB-TASTIC 19.05 - 19.35
Tue						INDOOR CYCLING 18.30 - 19.15		
Wed						HIIT 18.30 - 19.00		
Thurs						INDOOR CYCLING/ KETTLEBELL COMBO 19.30 - 20.30	INDOOR CYCLING 19.45 - 20.30	
Fri		INDOOR CYCLING 9.30 - 10.15		AB-TASTIC 10.20 - 10.50				
Sat		CARDIO TONE 9.00 - 10.00						