



FITNESS CLASSES TIMETABLE SAMPLE

| MONDAY 2/11 | TUESDAY 3/11 | WEDNESDAY 4/11 | THURSDAY 5/11 | FRIDAY 6/11 | SATURDAY 7/11 | SUNDAY 8/11 |
|-------------------------------|--|-------------------------------------|-------------------------------|--|--------------------------------------|--|
| -- | -- | | -- | -- | PILATES 9:00-10:00 LISA | -- |
| PILATES 9:00-10:00 LISA | -- | PILATES 9:00-10:00 LISA | PILATES 9:00-10:00 LISA | PILATES 9:00-10:00 LISA | YIN YOGA 14:00 – 15:00 SANDRA | YIN YOGA 14:00 – 15:00 SANDRA |
| -- | CROSS TRAINING 15:00 – 16:00 CHRISTIAN | YIN YOGA 15:00 – 16:00 SANDRA | -- | CORE CONDITIONING 15:00 – 16:00 LILIA | LOWER BODY 15:00 – 16:00 LILIA | CORE CONDITIONING 15:00 – 15:45 CHRISTIAN |
| -- | LOWER BODY 16:00 – 17:00 CHRISTIAN | HIIT 16:00 – 17:00 CHRISTIAN | -- | KETTLEMED 16:00 – 17:00 LILIA | KETTLEMED 16:00 – 17:00 LILIA | CROSS TRAINING 16:00 – 17:00 CHRISTIAN |
| -- | PILATES 17:00-18:00 LISA | | -- | -- | PILATES 17:00-18:00 LISA | |