

CLASSES TIMETABLE



M O N D A Y	TIME	CLASS	WHERE	DURATION
	5:00	TAEBO	Main STUDIO	45 minutes
	7:00	TAEBO	Main STUDIO	1 hour
	16:00	ABS AMPLIFIED	Main STUDIO	45 minutes
	17:00	STEP	Main STUDIO	1 hour
	18:00	INSANITY WORKOUT	Main STUDIO	1 hour

T U E S D A Y	TIME	CLASS	WHERE	DURATION
	5:00	AEROBICS	Main STUDIO	45 minutes
	7:00	BOX	Main STUDIO	1 hour
	16:00	ABS ,BUMS AND THIGHS	Main STUDIO	45 minutes
	17:00	KATA BOX	Main STUDIO	1 hour
	17:00	SPINNING	SPINNING CLASS	1 hour
18:00	HI - LO	Main STUDIO	1 hour	

W E D N E S D A Y	TIME	CLASS	WHERE	DURATION
	5:00	AEROBICS	Main STUDIO	45 minutes
	7:00	TAEBO	Main STUDIO	1 hour
	16:00	FAB ABS	Main STUDIO	45 minutes
	17:00	STEP	Main STUDIO	1 hour
	17:00	SPINNING	SPINNING CLASS	1 hour
18:00	INSANITY WORKOUT	Main STUDIO	1 hour	

T H U R S D A Y	TIME	CLASS	WHERE	DURATION
	5:00	AEROBICS	Main STUDIO	45 minutes
	7:00	BOX	Main STUDIO	1 hour
	16:00	ABS,BUMS AND THIGHS	Main STUDIO	45 minutes
	17:00	HI-LO	Main STUDIO	1 hour
	17:00	SPINNING	SPINNING CLASS	1 hour
18:00	FAB ABS	Main STUDIO	45 minutes	

F R I D A Y	TIME	CLASS	WHERE	DURATION
	5:00	AEROBICS-STEP	Main STUDIO	1 hour
	7:00	BODYCOND	Main STUDIO	1 hour
	16:00	ABS AMPLIFIED	Main STUDIO	45 minutes
17:00	TAEBO	Main STUDIO	1 hour	

SAT	TIME	CLASS	WHERE	WHO	DURATION
	09:00	Kata Box	Main STUDIO	Trainers	1 hour