



VIRTUAL STUDIO TIMETABLE

COMMENCING 24TH JULY 2017

MONDAY

TIME	CLASS	STUDIO
06.45-07.45	BODY PUMP VIRTUAL	STUDIO 1
08.00-08.30	BODY COMBAT EXPRESS VIRTUAL	STUDIO 1
09.00-09.45	SH'BAM VIRTUAL	STUDIO 1
13.15-14.15	BODY BALANCE VIRTUAL	STUDIO 1
14.30-15.30	BODY COMBAT VIRTUAL	STUDIO 1
16.00-17.00	BODY PUMP VIRTUAL	STUDIO 1
17.10-17.40	CXWORX VIRTUAL	STUDIO 1
20.15-21.15	BODY COMBAT VIRTUAL	STUDIO 1

TUESDAY

TIME	CLASS	STUDIO
07.30-08.00	CX WORX VIRTUAL	STUDIO 1
08.30-09.30	BODY PUMP VIRTUAL	STUDIO 1
09.30-10.00	CXWORX VIRTUAL	STUDIO 1
12.30-13.30	BODY COMBAT VIRTUAL	STUDIO 1
14.00-15.00	BODY PUMP VIRTUAL	STUDIO 1
15.30-16.30	BODY BALANCE VIRTUAL	STUDIO 1
16.30-17.00	CXWORX VIRTUAL	STUDIO 1
17.00-17.45	SH'BAM VIRTUAL	STUDIO 1
19.30-20.30	BODY BALANCE VIRTUAL	STUDIO 1
20.45-21.45	BODY PUMP VIRTUAL	STUDIO 1

WEDNESDAY

TIME	CLASS	STUDIO
07.00-08.00	BODY PUMP VIRTUAL	STUDIO 1
08.15-09.15	BODY COMBAT VIRTUAL	STUDIO 1
12.30-13.15	SH'BAM VIRTUAL	STUDIO 1
13.15-14.15	BODY PUMP VIRTUAL	STUDIO 1
14.30-15.00	CXWORX VIRTUAL	STUDIO 1
15.15-16.15	BODY BALANCE VIRTUAL	STUDIO 1
16.30-17.30	BODY COMBAT VIRTUAL	STUDIO 1
20.55-21.55	BODY BALANCE VIRTUAL	STUDIO 1

THURSDAY

TIME	CLASS	STUDIO
07.15-07.45	CXWORX VIRTUAL	STUDIO 1
07.50-08.50	BODY PUMP VIRTUAL	STUDIO 1
09.00-10.00	BODY COMBAT VIRTUAL	STUDIO 1
12.30-13.30	BODY PUMP VIRTUAL	STUDIO 1
13.45-14.15	CXWORX VIRTUAL	STUDIO 1
14.30-15.00	BODY BALANCE STRENGTH VIRTUAL	STUDIO 1
16.00-17.00	BODY PUMP VIRTUAL	STUDIO 1
17.00-17.45	SH'BAM VIRTUAL	STUDIO 1
20.30-21.30	BODY PUMP VIRTUAL	STUDIO 1

FRIDAY

TIME	CLASS	STUDIO
06.45-07.45	BODY PUMP VIRTUAL	STUDIO 1
07.45-08.30	SH'BAM VIRTUAL	STUDIO 1
13.00-14.00	BODY BALANCE VIRTUAL	STUDIO 1
14.30-15.00	BODY PUMP EXPRESS VIRTUAL	STUDIO 1
16.00-17.00	BODY COMBAT VIRTUAL	STUDIO 1
17.25-17.55	CXWORX VIRTUAL	STUDIO 1
19.30-20.00	BODY PUMP EXPRESS VIRTUAL	STUDIO 1
20.15-21.15	BODY BALANCE VIRTUAL	STUDIO 1
21.15-21.45	CXWORX VIRTUAL	STUDIO 1

SATURDAY

TIME	CLASS	STUDIO
07.30-08.00	CXWORX VIRTUAL	STUDIO 1
08.00-09.00	BODY PUMP VIRTUAL	STUDIO 1
11.15-12.15	BODY BALANCE VIRTUAL	STUDIO 1
12.30-13.30	BODY COMBAT VIRTUAL	STUDIO 1
14.00-15.00	BODY PUMP VIRTUAL	STUDIO 1
15.30-16.15	SH'BAM VIRTUAL	STUDIO 1
16.30-17.00	CXWORX VIRTUAL	STUDIO 1
17.30-18.30	BODY COMBAT VIRTUAL	STUDIO 1
18.45-19.45	BODY BALANCE VIRTUAL	STUDIO 1
20.00-20.45	SH'BAM VIRTUAL	STUDIO 1
21.00-21.30	CXWORX VIRTUAL	STUDIO 1

SUNDAY

TIME	CLASS	STUDIO
08.00-09.00	BODY PUMP VIRTUAL	STUDIO 1
10.45-11.15	CXWORX VIRTUAL	STUDIO 1
11.30-12.15	SH'BAM VIRTUAL	STUDIO 1
13.00-14.00	BODY BALANCE VIRTUAL	STUDIO 1
14.30-15.30	BODY COMBAT VIRTUAL	STUDIO 1
15.45-16.45	BODY PUMP VIRTUAL	STUDIO 1
17.00-17.30	CX WORX VIRTUAL	STUDIO 1
18.00-18.45	SH'BAM VIRTUAL	STUDIO 1
19.00-20.00	BODY BALANCE VIRTUAL	STUDIO 1
20.15-21.15	BODY PUMP VIRTUAL	STUDIO 1

