



## AUGUST TIMETABLE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY	EVENTS
7:30AM - 8AM HIIT BODY WITH MARK			7:30AM - 8AM CORE BODY WITH MARK				*FRIDAY 12 <sup>TH</sup> AUGUST 7PM-8PM FULL MOON SOUND MEDITATION WITH ELIZABETH
9AM-10AM HATHA BODY WITH EKATERINA		9AM-10AM POP PILATES BODY WITH JEFF	9AM - 9:45AM HIIT BODY WITH MARK		9AM-9:45AM TRX BODY WITH BADER	9AM-9:45AM HIIT BODY WITH MARK	
10AM-10:45AM HIIT BODY WITH MARK	10AM-10:45AM TRX BODY WITH MARK	10AM-10:30AM CORE BODY WITH MARK		10AM - 10:30AM CORE BODY WITH ALLEN	10AM - 11AM HATHA BODY WITH MELANIE	10AM-10:45AM TRX BODY WITH ALLEN	*FRIDAY 26 <sup>TH</sup> AUGUST 7PM-8PM NEW MOON SOUND MEDITATION WITH ELIZABETH
	12PM-12:30PM CORE BODY WITH ALLEN	12PM-12:45PM HIIT BODY WITH ALLEN		12PM-12:45PM HIIT BODY WITH MARK		12PM-12:30PM CORE BODY WITH BADER	
5PM - 5:45PM HIIT BODY WITH BADER	5PM -5:45PM TRX BODY WITH ALLEN	5PM-5:45PM TRX BODY WITH BADER	5PM -5:45PM TRX BODY WITH ALLEN		5PM-5:30PM CORE BODY WITH BADER	5PM-5:45PM HIIT BODY WITH BADER	
6PM-6:30PM CORE BODY WITH ALLEN	6PM - 7PM CARDIO BOXING BODY WITH BADER		6PM - 7PM CARDIO BOXING BODY WITH BADER				

\*PRE BOOKING IS ESSENTIAL.

\*ADDITIONAL FEE FOR  
CLASSES IN GREEN

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