

CLASS TIMETABLE



		Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday							
MORNING	00:00 - 12:00	00:00 - 09:30 Main Studio	VIRTUAL ON DEMAND	00:00 - 09:15 Main Studio	VIRTUAL ON DEMAND	00:00 - 09:30 Main Studio	VIRTUAL ON DEMAND	00:00 - 12:00 Main Studio	VIRTUAL ON DEMAND	00:00 - 12:00 Main Studio	VIRTUAL ON DEMAND				
		9:30 - 10:30 Main Studio	COMING SOON	09:15 - 10:00 Main Studio	COMING SOON	9:30 - 10:30 Main Studio	COMING SOON	9:30 - 10:30 Main Studio	COMING SOON						
		10:30 Onwards Main Studio	VIRTUAL ON DEMAND	10:00 Onwards Main Studio	VIRTUAL ON DEMAND	10:30 Onwards Main Studio	VIRTUAL ON DEMAND	10:30 Onwards Main Studio	VIRTUAL ON DEMAND						
AFTERNOON	12:00 - 00:00	18:00 - 18:30 V Park	BOOTCAMP KB Complex	18:15 - 18:45 Main Studio	HIIT	18:00 - 18:30 V Park	BOOTCAMP WBW	18:00 - 18:45 Main Studio	SPIN	18:00 - 18:30 V Park	BOOTCAMP Sprint Power Output	12:00 - 00:00 Main Studio	VIRTUAL ON DEMAND	12:00 - 00:00 Main Studio	VIRTUAL ON DEMAND
		18:30 - 19:00 V Park	BOOTCAMP KB Complex	19:00 - 19:45 Main Studio	Fitness Pilates & Mobility	18:30 - 19:00 V Park	BOOTCAMP WBW	19:00 - 19:35 Main Studio	CORE STRENGTH	18:30 - 19:00 V Park	BOOTCAMP Sprint Power Output				
		20:00 Onwards Main Studio	VIRTUAL ON DEMAND	20:00 Onwards Main Studio	VIRTUAL ON DEMAND	20:00 Onwards Main Studio	VIRTUAL ON DEMAND	20:00 Onwards Main Studio	VIRTUAL ON DEMAND	20:00 Onwards Main Studio	VIRTUAL ON DEMAND				