

NEW ONLINE TIMETABLE

MONDAY

FUNKY STEP

with Jenna
18.30 - 19.00

STEPNTONE

with Jenna
19.10 - 19.40

CLUBBERCISE

with Jenna
20.00 - 21.00

TUESDAY

GRAVITY STRETCH

with Sarah
08.00 - 08.40

FREESTYLE PILATES

with Sarah
19.00 - 19.40

WEDNESDAY

STEP

with Jenna
18.30 - 19.15

CLASSIC PILATES

with Sarah
19.15 - 20.00

POUND

with Jenna
19.25 - 20.10

YOGA

with Sarah
20.10 - 20.55

KONGA

with Jenna
20.20 - 21.05

THURSDAY

MEGAMIX

with Jenna
18.30 - 19.15

POWER BANDS

with Jenna
19.20 - 19.50

FRIDAY

GRAVITY STRETCH

with Sarah
08.00 - 08.40

CLUBBERCISE

with Jenna
19.00 - 20.00

BARRE STRENGTH

with Jenna
20.10 - 20.55

SATURDAY

GRAVITY STRETCH

with Sarah
08.00 - 08.40

CLASSIC PILATES

with Sarah
09.00 - 09.45

FUNKY STEP

with Jenna
09.00 - 09.30

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