



Class timetable 2023

Monday

- 9:15-10:00 - Aqua Aerobics (20 people)
- 10:15-11:00 - Aqua Aerobics (20 people)
- 18:00-18:45 - Spinning (10 people)
- 19:30-20:30 - Pilates (14 people)

Tuesday

- 9:30-10:30 - Ballet Workout (14 people)
- 10:30-11:15 - Body Conditioning (14 people)
- 18:00-18:45 - Zumba (16 people)

Wednesday

- 9:15-10:00- Step (10 people)
- 10:10-11:00- Pilates (14 people)
- 11:10-12:00- Pilates (14 people)
- 19:00-19:45 - Clubbercise (14 people)
- 20:00-20:45 - Body Conditioning (14 people)

Thursday

- 9:15-10:30 - Yoga (14 people)
- 10:30-11:15 - Low Intensity Zumba (14 people)
- 19:00-20:00 - Yoga (14 people)

Friday

- 9:15-10:00 - Aqua Aerobics (20 people)
- 10:15-11:00 - Aqua Aerobics (20 people)

