

ACTIVE WOMENS FITNESS AUTUMN TIMETABLE 2019

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:30 AM	DANCE-CIR	FIT4ALL	FIT4ALL	STRENGTH-CIR	FIT4ALL		NO CLASSES
8:00 AM	DANCE-CIR		FIT-CIR	STRENGTH-CIR	BOX-CIR		
9:00 AM						JUNGLE BODY	
9:15 AM	HITT30		HITT30		FIT4ALL		
10:00 AM	DANCE-CIR	FIT4ALL	FIT-CIR	YOGA	BOX-CIR		
6:00 PM	FIT4ALL	BOXFIT	FIT4ALL				
6:30 PM				PILATES			

ACTIVE WOMENS FITNESS AUTUMN TIMETABLE 2019

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY