

## July / August 2010 INDOOR STUDIO CLASSES

T & D	Sunday	Monday	Tuesday	Wednesday	Thursday	T & D	Friday	Saturday
6:00		CORE SCULPT		LES MILLS BODYPUMP		7:30		
6:30						8:00		
7:00	CORE YOGILATES		CORE SPIN			8:30	FITNESS TEST 8.30- 9.30AM	
7:30						9:00	1st Friday of the month only	ZUMBA FITNESS
8:00					LES MILLS BODYATTACK	9:30	CORE SPIN	LES MILLS BODYCOMBAT
8:30		CORE PILATES	LES MILLS BODYPUMP	CORE SPIN		10:00		
9:00	LES MILLS BODYCOMBAT	ZUMBA FITNESS	CORE YOGILATES	CORE SCULPT	LES MILLS BODYPUMP	10:30	LES MILLS BODYPUMP	
9:30	LES MILLS BODYPUMP				CORE YOGILATES	11:00	LES MILLS BODYATTACK	CORE YOGILATES
10:00						11:30		
10:30						12:00		
11:00						12:30		Nutrition Talk

17:30	ZUMBA FITNESS	LES MILLS BODYATTACK	LES MILLS BODYPUMP	CORE PILATES		17:30		LES MILLS BODYPUMP
18:00						18:00		
18:30	CORE STEP	LES MILLS BODYPUMP	LES MILLS BODYCOMBAT	LES MILLS BODYATTACK	LES MILLS BODYPUMP	18:30		CORE SPIN
19:00						19:00		
19:30	LES MILLS BODYPUMP	CORE SPIN	CORE SCULPT	LES MILLS BODYPUMP	CORE SPIN	19:30		
20:00						20:00		
20:30	LES MILLS BODYATTACK	CORE YOGILATES	CORE STEP	ZUMBA FITNESS		20:30		
21:00						21:00		
21:30						21:30		
22:00						22:00		

## OUTDOOR MARINA WALK CLASSES

T & D	Sunday	Monday	Tuesday	Wednesday	Thursday	T & D	Friday	Saturday
6:00	CORE BOOTCAMP		CORE BOOTCAMP		CORE BOOTCAMP	8:30		
6:30						9:00		
						10:30		
						11:00		

19:00						19:00		
19:30	CORE BIKRAM			CORE BIKRAM 9PM finish		19:30		
20:00		CORE BOOTCAMP		CORE RUNNERS		20:00		
20:30						20:30		

### BOOKING LINES

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