TEAM FITNESS CLASS TIMETABLE

MON	TUE	WED	THU	FRI	SAT	SUN
9:30am **Virtual Cycle**	6:00am **Virtual Cycle**	6:00am **Cycle** 45min	6:00am **Pump** 60min	6:00am **Cycle** 45min	9:00am **Cycle** 45min	9:00am **Cycle** 45min
9:30am **Fitball** 60min	6:15am **Pump** 45min	9:30am **Balance** 60min	9:30am **Pump** 60min	9:30am **Virtual Cycle**	8:45am **Pump** 60min	9:00am **Balance** 60min
12:30pm **Virtual Cycle**	9:30am **Pump** 60min	9:30am **Cycle** 45min	12:30pm **Virtual Cycle**	9:30am **Bodyweight** 30min	10:00am **Dance** 60min	10:00am **Pump** 60min
5:30pm **Zumba** 60min	9.30am **Virtual Cycle**	5:30Pm **Balance** 60min	5:30pm **Pump** 60min	12:30pm **Virtual Cycle**	10:30am **Virtual Cycle**	10:30am **Virtual Cycle**
6:00pm **Cycle** 60min	12:30pm **Virtual Cycle**	6:00pm **Virtual Cycle**	6:00pm **Cycle** 45min	6:00pm **Virtual Cycle**	11:15am **Balance** 60min	
6:30pm **Pump** 60min	2:30pm **LitePace** 45min	6:30pm **Pump** 60min	6:30pm **Dance** 60min			
	5:30pm **Pump** 60min					
	6:30pm **Step** 60min					

TEAM FITNESS GT GROUP TRAINING

TIMETABLE

MON
6:15AM | 9:30AM

TUE
6:15AM | 9:30AM | 6PM

WED
6:15AM

THU
9:30AM

FRI
6:15AM

SAT
8:45AM