

WEEKLY TIMETABLE

monday

tuesday

wednesday

thursday

friday

SESSION: 06:30am - 07:30am

MORNING

Aerobics

Aero-steps

*Legs, Tums
& Bums*

*Aero
Toning*

Taebo

SESSION: 07:00pm - 08:00pm

EVENING

*Power
Cardio
& Hiit*

*Gold Toning
& Steps*

Taebo

*Legs, Tums
& Bums*

*Power
Cardio
Challenge*

To book on-to a class call us at