

TIME

WORKOUT

INSTRUCTOR

LOCATION

06.15 - 07.00
09.30 - 10.30
12.00 - 13.00
16.15 - 17.15
17.30 - 18.30
17.45 - 18.45
18.45 - 19.45

ASSAULT-FIT
EVO-HIIT
ASSAULT-FIT
PUMP-FIT
EVO-HIIT
CBC SPIN
ASSAULT-FIT

EVOFIT TEAM
EVOFIT TEAM
EVOFIT TEAM
EVOFIT TEAM
EVOFIT TEAM
CLEO
FFLUR/LEWIS

STUDIO
STUDIO
STUDIO
STUDIO
STUDIO
SPIN AREA
STUDIO

MONDAY

06.15 - 07.00
09.30 - 10.15
10.15 - 11.00
12.00 - 13.00
17.30 - 18.30
18.45 - 19.45
19.00 - 20.00

CBC SPIN
BOX-HIIT
AWESOME ABS
PUMP-FIT
THERMOBURN
YOGA-FIT
FTP SPIN INTRO

EVOFIT TEAM
EVOFIT TEAM
EVOFIT TEAM
EVOFIT TEAM
EVOFIT TEAM
BECKY
EVO FIT TEAM

SPIN AREA
STUDIO
STUDIO
STUDIO
STUDIO
STUDIO
SPIN AREA

TUESDAY

06.15 - 07.00
09.30 - 10.30
12.00 - 13.00
16.15 - 17.15
17.30 - 18.30
17.45 - 18.45
18.45 - 19.45

EVO-HIIT
PUMP-FIT
EVO-HIIT
ASSAULT-FIT
EVO-HIIT
CBC SPIN
PUMP-FIT

EVOFIT TEAM
EVOFIT TEAM
EVOFIT TEAM
EVOFIT TEAM
EVOFIT TEAM
FFLUR
EVOFIT TEAM

STUDIO
STUDIO
STUDIO
STUDIO
STUDIO
SPIN AREA
STUDIO

WEDNESDAY

06.15 - 07.00
09.30 - 10.15
10.15 - 11.00
12.00 - 13.00
17.30 - 18.30
18.45 - 19.45

CBC SPIN
BOX-HIIT
AWESOME ABS
PUMP-FIT
THERMOBURN
EVO-HIIT

EVOFIT TEAM
EVOFIT TEAM
EVOFIT TEAM
EVOFIT TEAM
EVOFIT TEAM
EVOFIT TEAM

SPIN AREA
STUDIO
STUDIO
STUDIO
STUDIO
STUDIO

THURSDAY

06.15 - 07.00
09.30 - 10.00
10.45 - 11.45
12.00 - 13.00
16.15 - 17.15
17.30 - 18.30
18.45 - 19.45

ASSAULT FIT
ASSAULT-FIT
YOGA-FIT
EVO-HITT
EVO-HITT
PUMP-FIT
ASSAULT-FIT

EVOFIT TEAM
EVO-FIT TEAM
BECKY
EVOFIT TEAM
EVOFIT TEAM
EVOFIT TEAM
EVOFIT TEAM

STUDIO
STUDIO
STUDIO
STUDIO
STUDIO
STUDIO
STUDIO

FRIDAY

09.00 - 10.00
09.30 - 10.15
10.15 - 11.15

MISS-FIT
CBC SPIN
YOGA-FIT

BECKY
DION/FFLUR
BECKY

STUDIO
SPIN AREA
STUDIO

SATURDAY

08.15 - 09.00
09.15 - 10.00
10.15 - 11.00

BOX-HIIT
PUMP-FIT
ASSAULT-FIT

EVOFIT TEAM
EVOFIT TEAM
EVOFIT TEAM

STUDIO
SPIN AREA
STUDIO

SUNDAY