

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	
08.00-8.45	stretching		stretching		stretching		stretching	
9.00-9.45	functional training	Body Wellness	functional training	Body Wellness	functional training	Body Wellness		
11.00-11.45	Pilates	Balance body	Pilates	Balance body	Pilates	Power pump	Power pump	
12.00-12.45	Step mix		Step mix		Step mix			
13.00-13.45		Pilates		Pilates		circuit training	circuit training	
14.00-14.45	Power pump	step aerobics	Power pump	step aerobics	power pump			
17.00-17.45						functional training	functional training	
18.00-18.45	step aerobics	Body Wellness	step aerobics	Body Wellness	step aerobics			
19.00-19.45	Pilates	functional training	Pilates	functional training	Pilates			
20.00-20.45	functional training	Pilates	functional training	Pilates	functional training	muscle toning.+ stretching	muscle toning.+ stretching	
21.00-21.45	muscle toning.+ stretching	Power pump	muscle toning.+ stretching	Power pump	muscle toning.+ stretching			