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| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| MONDAY | Time: | 07:00 – 07:45 | 08:15 – 09:15 | 09:30 – 10:30 | 10:15 – 11:00 | 19:00 - 19:30 |  |  |  |
| Class: | Total Body Blast | Pilates  | Zumba  | Aqua  | Aqua  |  |  |  |
|  |  |  |  |  |  |  |  |  |  |
| TUESDAY | Time: | 07:00 – 07:45 | 09:30 – 10:15 | 10:30 – 11:30 | 18:00 – 19:00 | 19:00 - 19:45 |  |  |  |
| Class: | Total Body Blast  | Pilates | Yoga | Zumba  | Bootcamp |  |  |  |
|  |  |  |  |  |  |  |  |  |  |
| WEDNESDAY | Time: | 07:00 – 07:45 | 08:15 – 10:15 | 09:30 – 10:00 | 10:15 – 11:00 | 16:00 - 17:15 | 18:00 - 19:00 | 19:00 - 20:00 |  |
| Class: | Spin | Pilates | LBT | Aqua | Yoga | Vinyasa Yoga | MetaFit |  |
|  |  |  |  |  |  |  |  |  |  |
| THURSDAY | Time: | 09:30 – 10:30 | 10:30 – 11:30 |  |  |  |  |  |  |
| Class: | Zumba  | Yoga |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |  |  |
| FRIDAY | Time: | 00:00 – 00:00 | 00:00 – 00:00 | 00:00 – 00:00 | 00:00 – 00:00 | 18:00 - 18:45 |  |  |  |
| Class: | Total Body Blast  | Zumba  | LBT | Spin | Bootcamp  |  |  |  |
|  |  |  |  |  |  |  |  |  |  |
| SATURDAY | Time: | 08:15 – 09:15 | 09:30 – 10:45 |  |  |  |  |  |  |
| Class: | Yoga  | Yoga  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |  |  |
| SUNDAY | Time: |  |  |  |  |  |  |  |  |
| Class: |  |  |  |  |  |  |  |  |

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| Bootcamp | The goal of a fitness boot camp is to provide a whole-body workout that builds strength and aerobic endurance. |  | Total Body Blast/MetaFit | combines using your own bodyweight, weights and cardio to shape your entire body. |
| Yoga | It involves movement, meditation, and breathing techniques to promote mental and physical well-being. |  | Aqua | Low-impact, high-energy aquatic exercise |
| Zumba  | Zumba is a Latin-inspired dance workout that instructors say is primarily an aerobic workout |  | LBT | Legs, Bums & Tums is an aerobics lesson that focuses on stimulating the burning of fat and toning your figure. |
| Pilates | Pilates is a form of exercise which concentrates on strengthening the body with an emphasis on core strength. |  | Spin | Spin is a group indoor cycling class focusing on strength, speed, and endurance. |

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