

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
7:00 - 7:35	SPIN	FLYEFIT CONDITIONING	SPIN	BOOTCAMP	SPIN	SPIN 10:00 - 10:45	SPIN 11:00 - 11:30
7:50 - 8:20	TRX	SPIN	FLYEFIT CONDITIONING	SPIN	ASS & ABS	ASS & ABS 10:00 - 10:45	BOOTCAMP 11:35 - 12:10
10:00 - 10:30		ASS & ABS	BOXERCISE	PUMP		FLATLINE 10:50 - 11:35	PILATES 12:15 - 13:00
12:30 - 13:00	PUMP	PUMP	ASS & ABS	PILATES			ASS & ABS 13:05 - 13:50
12:30 - 13:00	FLATLINE	BOOTCAMP	FLATLINE	TRX	TRX	PILATES	
13:15 - 13:45	PILATES		TRX				SPIN STUDIO
13:15 - 13:45	SPIN	SPIN	SPIN	SPIN	SPIN		ASTRO CLASS
17:30 - 18:00	FLATLINE	FLATLINE	FLYEFIT CONDITIONING	FLATLINE			ZEN STUDIO
17:30 - 18:00	SPIN	ASS & ABS	SPIN	ASS & ABS	SPIN		STUDIO CLASS
18:05 - 18:50	SPIN	SPIN	SPIN	SPIN			
18:05 - 18:50	PUMP	STEP	ASS & ABS	KETTLEBELLS	PUMP		
18:05 - 18:50		YOGA	TRX	TRX			
18:05 - 18:50	FLYEFIT CONDITIONING	BOXERCISE	FLATLINE	FLYEFIT CONDITIONING			
19:00 - 19:45	SPIN	SPIN	SPIN	SPIN			
19:00 - 19:45	ASS & ABS	PUMP	KETTLEBELLS	STEP			
19:00 - 19:45	DANCEFIT		YOGA	PILATES			
19:00 - 19:45		ASS & ABS	BOOTCAMP	BOXERCISE			
19:50 - 20:20	SPIN		SPIN				

\*ALL CLASSES ARE FREE WITH AN ACTIVE MEMBERSHIP

\*PLEASE BOOK IN ADVANCE IN MYFLYE TO AVOID DISAPPOINTMENT. LIMITED AMOUNT OF PLACES IN EACH CLASS

\*ALL CLASSES ARE SUBJECT TO CHANGE

\*PLEASE NOTIFY THE CLASS INSTRUCTORS OF ANY MEDICAL CONDITION AND PREGNANCIES

\*YOGA MATS, BOXING GLOVES AND ALL EQUIPMENT ARE SUPPLIED BY FLYEFIT