

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:00 - 6:30		SPIN	SPIN	SPIN		YOGA 9:00 - 10:00	SPIN 9:30 - 10:00
6:30 - 7:00	SPIN	SPIN	SPIN	SPIN	SPIN	SPIN 9:30 - 10:00	ASS & ABS 10:00 - 10:30
7:00- 7:30	FLATLINE		FLATLINE		FLATLINE	FLATLINE 10:00-10:45	SPIN 11:00 - 11:45
7:00- 7:45	YOGA 7.30 - 8.30	FLYEFIT CONDITIONING	YOGA 7.30-8.30	FLYEFIT CONDITIONING		SPIN 10:05 - 10:50	FLATLINE 11:50 - 12:20
9:20- 9:50	ASS & ABS	PUMP	ASS & ABS	PUMP	ASS & ABS	BOXERCISE 11:00 - 12:00	SPIN 13:00 - 13:30
10:00- 10:45	SPIN	SPIN	SPIN	SPIN	SPIN	SPIN 13:00 - 13:30	PUMP 13:30 - 14:00
10:50- 11:20	YOGA 11.00 - 12.00	ASS & ABS	YOGA 11.00 - 12.00	PILATES	PUMP	ASS & ABS 13:30 - 14:00	
13:00- 13:15		ABS BLAST		ABS BLAST	YOGA 12.15-13.15		SPIN STUDIO
13:15- 13:45	SPIN	SPIN	SPIN	SPIN	SPIN		ASTRO CLASS
17:00-17:30		BOOTCAMP		BOOTCAMP			CLASS STUDIO 2
17:30-18:00	SPIN	SPIN	SPIN	SPIN			CLASS STUDIO
17:30-18:00	PUMP	ASS & ABS	ASS & ABS	PUMP			
17:30-18:00		STEP		STEP			
18:05-18:50	SPIN	SPIN	SPIN	SPIN	SPIN		
18:05-18:50	FLATLINE	FLATLINE	FLATLINE	ASS & ABS	ASS & ABS		
18:05-18:50	ASS & ABS	DANCE	PUMP	DANCEFIT			
19:00-20:00		STRENGTH & MOBILITY		STRENGTH & MOBILITY			
19:00-19:45	SPIN	SPIN	SPIN	SPIN	SPIN		
19:00-19:45	STEP	PUMP	STEP	PUMP			
19:00-19:45	BOXERCISE	FLYEFIT CONDITIONING	ASS & ABS	FLATLINE	FLATLINE		
19:50-20:20	SPIN	SPIN	SPIN	SPIN			
19:50-20:20	PILATES		BOXERCISE	ASS & ABS			
19:50-20:20	ASS & ABS	PILATES					
20:30-21:30	YOGA						

\*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