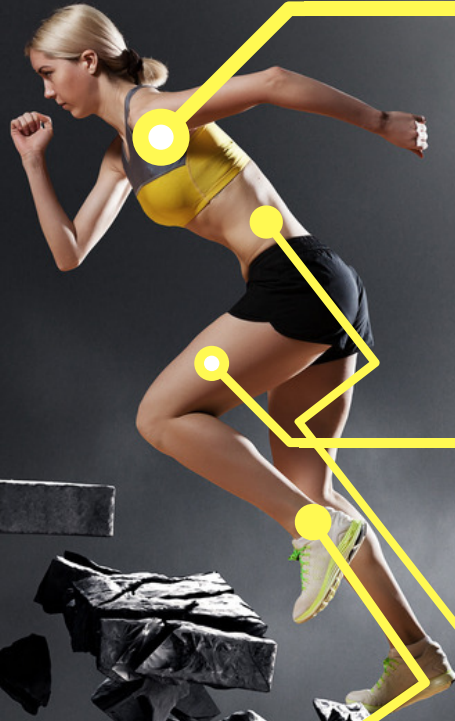




New Class Program 2018



Strong
Zone

Flex
Zone

Relax
Zone

Ride
Zone

Circuit Zone

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
09.30-10.00					
17.30-18.00					

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
10.00-11.00							
12.30-13.00							
13.00-13.30							
18.00-18.30							
18.30-19.30							
19.30-20.30							
12.30-13.30							
18.30-19.30							
19.30-20.30							
10.00-11.00							
19.30-20.30							
10.30-11.30							
12.30-13.30							
18.30-19.30							
19.30-20.30							