



**MONDAY**

**TUESDAY**

**WEDNESDAY**

**THURSDAY**

**FRIDAY**

**SATURDAY**

**SUNDAY**

<p>07:30 - 08:20 <b>INDOOR CYCLING</b> Karl</p> <p>16:15-17:15 <b>PILATES</b> Raghad</p> <p>17:30 - 18:20 <b>STRENGTH</b> Melis</p> <p>18:30 - 19:25 <b>INDOOR CYCLING</b> Alena</p> <p>19:30 - 20:30 <b>ADVANCED MOBILITY</b> Ognjen</p>	<p>08:30-09:30 <b>PILATES</b> Raghad</p> <p>16:15 - 17:15 <b>PILATES</b> Chanel</p> <p>17:20 - 18:20 <b>VINYASA FLOW</b> Marlyne</p> <p>18:30 - 19:20 <b>FUNCTIONAL SCULPT</b> Roseann</p>	<p>07:30 - 08:20 <b>INDOOR CYCLING</b> Karl</p> <p>17:00 - 18:00 <b>PILATES</b> Chanel</p> <p>18:00-18:55 <b>HIIT</b> Melis</p> <p>19:30 - 20:30 <b>MOBILITY</b> Ognjen</p>	<p>07:30 - 08:25 <b>PILATES</b> Rebecca</p> <p>16:15 - 17:15 <b>PILATES</b> Raghad</p> <p>17:30 - 18:30 <b>VINYASA FLOW</b> Marlyne</p> <p>18:40 - 19:30 <b>HYBRID TRAINING</b> Melis</p> <p>19:40 - 20:30 <b>INDOOR CYCLING</b> Alena</p>	<p>07:00 - 07:50 <b>FULL BODY FUNCTIONAL CIRCUIT</b> Owen</p> <p>17:00-17:55 <b>PILATES</b> Chanel</p> <p>18:45-19:35 <b>FULL BODY FUNCTIONAL CIRCUIT</b> Melis</p>	<p>08:00-08:50 <b>PILATES</b> Raghad</p> <p>09:00 - 09:50 <b>INDOOR CYCLING</b> Karl</p> <p>10:10 - 11:10 <b>MOBILITY MATTERS</b> Ognjen</p>	<p>08:30 - 09:20 <b>INDOOR CYCLING</b> Karl</p> <p>10:00 - 11:00 <b>VINYASA FLOW</b> Marlyne</p>
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#TRAINWITHUS  
June 2024 - subject to change

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