

BODYWISE

Health & Wellness *Spa*

Class Timetable

	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
10AM	FLEX 30min	FLEX 30min	BALANCE 30min	FLEX 30min	KETTLEBELLS 30min
10:30AM	MINDFULNESS 15min	MINDFULNESS 15min	FLEX 30min		CYCFit 40min
11AM	PILATES 45min	LEGS BUMS AND TUMS 40min	LEGS BUMS AND TUMS 40min	PILATES 45min	
12PM	AQUA 45min			AQUA 45min	PILATES 45min
1PM		TABATA CIRCUITS 30min			MINDFULNESS 15min
6PM	LEGS BUMS AND TUMS 40min		KETTLEBELLS 40min		
6:45PM	BOXFit 40min		CYCFit 40min		
7:30PM	HIITFit 40min		BOXFit 40min		