

BODYWISE

Health & Wellness *Spa*

Class Timetable

	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
10AM	FLEX 30min	BALANCE 30min		FLEX 30min	
10:30AM	MINDFULNESS 15min	FLEX 30min			
11AM	PILATES 45min	LEGS BUMS AND TUMS 40min		PILATES 45min	
1145					MINDFULNESS 15min
12PM	AQUA 45min			AQUA 45min	PILATES 45min
6PM	LEGS BUMS AND TUMS 40min		KETTLEBELLS 40min		
6:45PM	BOXFit 40min		TABATA 30min		