

# Your Active Space class timetable



Time	Monday	Tuesday	Wednesday	Thursday	Friday
07:30	Cardio Blaze 30   Guy Studio 1 (8)	Functional Movements 30   Lore Studio 1 (10)			Boxing Bootcamp 30   Jason Studio 1 (12)
12:00	Treadmill Bootcamp   Ash Zone 1 (5)	Omnia Circuit 30   Carmen Gym Floor (8)	Cycle 30   Guy Studio 2 (14)		
12:00	Pilates 45   Carmen Studio 1 (12)	Yoga 45   Suzan Studio 1 (12)		Yoga 45   Veronique Studio 1 (12)	
13:00	Cycle 30   Guy Studio 2 (14)	Kettlebells 30   Guy Gym Floor (8)	Pilates 45   Carmen Studio 1 (12)	Boxing 45   Omar Studio 1 (12)	Fit Friday   Omar Gym Floor (8)
18:00	Kettlebells 30  Carmen Gym Floor (8)	Body Pump 45   Gayane Studio 1 (14)	HiiT & Abs   Carmen Studio 1 (8)	Kettlebells 30   Guy Gym Floor (8)	