



ENERGIZE

FITNESS & LEISURE

AUTUMN TIMETABLE

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
10AM					AQUAFIT (45min)
12:30PM					ROWFIT (30min)
1PM	AQUAFIT (45min)	AQUAFIT (45min)	AQUAFIT (45min)	AQUAFIT (45min)	PILATES (45min)
5:30PM	ROWFIT (30min)	ENERGIZE CYCLE (30min)	HIIT (30min)	STRETCH & RELAX (30min)	ABS & GLUTES (45min)
6:15PM	PILATES (45min)	STRENGTH & CARDIO (45MIN)	ABS & GLUTES (45min)	ZUMBA (45min)	
7:15PM	STRENGTH & CARDIO (45MIN)	ZUMBA (45min)	CARDIO BOXING (45min)	ENERGIZE CYCLE (30min)	