

# CLASSES TIMETABLE



<b>M O N D A Y</b>	<b>TIME</b>	<b>CLASS</b>	<b>WHERE</b>	<b>DURATION</b>
	5:00	TAEBO	Main STUDIO	45 minutes
	7:00	TAEBO	Main STUDIO	1 hour
	16:00	ABS AMPLIFIED	Main STUDIO	45 minutes
	17:00	STEP	Main STUDIO	1 hour
	18:00	INSANITY WORKOUT	Main STUDIO	1 hour

<b>T U E S D A Y</b>	<b>TIME</b>	<b>CLASS</b>	<b>WHERE</b>	<b>DURATION</b>
	5:00	AEROBICS	Main STUDIO	45 minutes
	7:00	BOX	Main STUDIO	1 hour
	16:00	ABS ,BUMS AND THIGHS	Main STUDIO	45 minutes
	17:00	KATA BOX	Main STUDIO	1 hour
	17:00	SPINNING	SPINNING CLASS	1 hour
	18:00	HI - LO	Main STUDIO	1 hour

<b>W E D N E S D A Y</b>	<b>TIME</b>	<b>CLASS</b>	<b>WHERE</b>	<b>DURATION</b>
	5:00	AEROBICS	Main STUDIO	45 minutes
	7:00	TAEBO	Main STUDIO	1 hour
	16:00	FAB ABS	Main STUDIO	45 minutes
	17:00	STEP	Main STUDIO	1 hour
	17:00	SPINNING	SPINNING CLASS	1 hour
	18:00	INSANITY WORKOUT	Main STUDIO	1 hour

<b>T H U R S D A Y</b>	<b>TIME</b>	<b>CLASS</b>	<b>WHERE</b>	<b>DURATION</b>
	5:00	AEROBICS	Main STUDIO	45 minutes
	7:00	BOX	Main STUDIO	1 hour
	16:00	ABS,BUMS AND THIGHS	Main STUDIO	45 minutes
	17:00	HI-LO	Main STUDIO	1 hour
	17:00	SPINNING	SPINNING CLASS	1 hour
	18:00	FAB ABS	Main STUDIO	45 minutes

<b>F R I D A Y</b>	<b>TIME</b>	<b>CLASS</b>	<b>WHERE</b>	<b>DURATION</b>
	5:00	AEROBICS~STEP	Main STUDIO	1 hour
	7:00	BODYCOND	Main STUDIO	1 hour
	16:00	ABS AMPLIFIED	Main STUDIO	45 minutes
	17:00	TAEBO	Main STUDIO	1 hour

<b>SAT</b>	<b>TIME</b>	<b>CLASS</b>	<b>WHERE</b>	<b>WHO</b>	<b>DURATION</b>
	09:00	Kata Box	Main STUDIO	Trainers	1 hour