



## FITNESS TIMETABLE - LAUTOKA

All classes are suitable for all levels of fitness and last 45min to 1 hour unless specified

MONDAY		TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
12pm	W.O.D Express 30min class		W.O.D Express 30min class		W.O.D Express 30min class
5pm	BOX FIT		PUMP		W.O.D
6pm	BUMS, TUMS, GUNS	JUNGLE FITNESS	PILATES	BOX FIT	ZUMBA
7pm		YOGA		YOGA	