



Zone Fitness Festive Season Timetable Willowbridge

Festive Season Time Table Dates : 10 December - 15 December

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
7:00					Indoor Cycling	
8:30		Pilates	Step & Tone			Shape Shift
11:00	CoreBurn	CoreBurn	CoreBurn	CoreBurn	CoreBurn	
17:00	Hitt Circuit	Hitt Circuit	Hitt Circuit	Hitt Circuit		
17:30		Indoor Cycling		Yoga		
18:00	Stretch & Tone					
18:30				Zumba		

Feel free to download our class descriptions via our website.