



Zone Fitness Festive Season Studio Willowbridge

Festive Season Time Table Dates : 07 - 12 Jan 2019

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
7:00	Shape Shift		Indoor Cycling			
8:30		Pllates	Step & Weights		Yoga	Shape Shift
9:00				Pilates		
10:00						
11:00	CoreBurn	CoreBurn	CoreBurn	CoreBurn	CoreBurn	
12:00						
16:00						
17:00	Hitt Circuit	Hitt Circuit	Hitt Circuit	Hitt Circuit		
17:00			Zumba		Pilates	
17:30	Indoor Cycling	Yoga/Indoor Cycling	Indoor Cycling	Yoga/Indoor Cycling		
18:00	Stretch & Tone		Shape Shift			
18:30	Indoor Cycling	Shape Shift		Zumba		
19:00						

Feel free to download our class descriptions via our website.