



The Wellness Company



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Group Exercise Timetable

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6.30am Body weight Burn 10.30am Abs Blast	6.30am Fab Abs 10.00am Legs & Core	6.30am Body weight Burn 10.30am HITT	6.30am Body Rhythm 11.15am Fab Abs	7.00am Activate & Elevate 11.30am Strong Beginnings	10.00am Zumba	10.00am Legs & Core
12.00pm Activate & Elevate 17.30pm Strong Beginnings 18.45pm Pilates	12.00pm Body Rhythm 17.30pm Total Body Burn 18.30pm Boxing / kickboxing	12.00pm Fab Abs 17.00pm Imaginative Variations 19.00pm Zumba	12.15pm Total Body Burn 17.15pm Firmer Body	12.30pm Body Rhythm 17.30pm Body weight Burn 19.00pm Zumba	12.00pm Yoga	12.00pm Firmer Body