

TIME

WORKOUT

INSTRUCTOR

LOCATION

06.15 - 07.00
09.30 - 10.30
12.00 - 13.00
16.15 - 17.15
17.30 - 18.30
17.30 - 18.15
18.30 - 19.15
18.45 - 19.45

CBC SPIN
EVO-HIIT
EVO-HIIT
EVO-HIIT
EVO-HIIT
CBC SPIN
CBC SPIN
MISS-FIT

EVOFIT TEAM
EVOFIT TEAM
EVOFIT TEAM
EVOFIT TEAM
EVOFIT TEAM
CLEO
CLEO
FFLUR/ISABELLE

SPIN AREA
STUDIO
STUDIO
STUDIO
STUDIO
SPIN AREA
SPIN AREA
STUDIO

MONDAY

06.15 - 07.00
09.30 - 10.15
10.30 - 11.30
17.30 - 18.30
17.45 - 18.30
18.30 - 19.30
18.45 - 19.45
20.00 - 21.00

EVO-HIIT
AWESOME ABS
EVO-HIIT
THERMOBURN
CBC SPIN
STRENGTH SQUAD
YOGA-FIT
FTP SPIN INTRO

EVOFIT TEAM
EVOFIT TEAM
EVOFIT TEAM
EVOFIT TEAM
FFLUR
BEN
BECKY
EVO FIT TEAM

STUDIO
STUDIO
STUDIO
STUDIO
SPIN AREA
S&C AREA
STUDIO
SPIN AREA

TUESDAY

06.15 - 07.00
09.30 - 10.30
12.00 - 13.00
16.15 - 17.15
17.30 - 18.30
17.30 - 18.15
18.30 - 19.15
18.45 - 19.45

CBC SPIN
EVO-HIIT
EVO-HITT
EVO-HITT
EVO-HIIT
CBC SPIN
CBC SPIN
EVO-HIIT

EVOFIT TEAM
EVOFIT TEAM
EVOFIT TEAM
EVOFIT TEAM
EVOFIT TEAM
ISABELLE
ISABELLE
EVOFIT TEAM

SPIN AREA
STUDIO
STUDIO
STUDIO
STUDIO
SPIN AREA
SPIN AREA
STUDIO

WEDNESDAY

06.15 - 07.00
09.30 - 10.15
10.30 - 11.30
17.30 - 18.30
17.45 - 18.30
18.30 - 19.30
18.45 - 19.45

EVO-HIIT
AWESOME ABS
EVO-HITT
THERMOBURN
CBC SPIN
STRENGTH SQUAD
MISS-FIT

EVOFIT TEAM
EVOFIT TEAM
EVOFIT TEAM
EVOFIT TEAM
BEC
BEN
BEC

STUDIO
STUDIO
STUDIO
STUDIO
SPIN AREA
S&C AREA
STUDIO

THURSDAY

06.15 - 07.00
09.30 - 10.00
10.45 - 11.45
12.00 - 13.00
16.15 - 17.15
17.30 - 18.30
17.30 - 18.15
18.45 - 19.45

CBC SPIN
EVO-HIIT
YOGA-FIT
EVO-HITT
EVO-HITT
EVO-HIIT
CBC SPIN
EVO-HIIT

EVOFIT TEAM
EVO-FIT TEAM
BECKY
EVOFIT TEAM
EVOFIT TEAM
EVOFIT TEAM
ISABELLE/CLEO
EVOFIT TEAM

SPIN AREA
STUDIO
STUDIO
STUDIO
STUDIO
STUDIO
SPIN AREA
STUDIO

FRIDAY

09.00 - 10.00
09.30 - 10.15
10.15 - 11.15
11.30 - 12.30

MISS-FIT
CBC SPIN
YOGA-FIT
FTP SPIN INTRO

BECKY
BEC
BECKY
EVOFIT TEAM

STUDIO
SPIN AREA
STUDIO
SPIN AREA

SATURDAY

09.00 - 10.00
10.15 - 11.00
11.30 - 12.15

EVO-HIIT
CBC SPIN
AWESOME ABS

EVOFIT TEAM
EVOFIT TEAM
EVOFIT TEAM

STUDIO
SPIN AREA
STUDIO

SUNDAY