



Class Schedule

Opening Hours: 6am-10pm

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
06:00-07:00	Booty Builder	Elevate	AB Attack	Cardio Zone	AB Attack	
07:00-08:00	AB Attack	Cardio Zone	URBN EMS Booty & ABS	Elevate	Booty Builder	Booty Builder YOGA
08:00-09:00			Elevate	AB Attack	Classic HIIT	Epic HIIT
09:00-10:00			Mature Class	DEMO		
16:00-17:00					DEMO	
17:00-18:00	Elevate	Booty Builder	DEMO	AB Attack	Cardio Zone	
18:00-19:00	URBN EMS Pepper Party	AB Attack	DEMO	Elevate	Booty Builder	
19:00-20:00	Classic HIIT	Elevate	DEMO	Classic HIIT	URBN EMS Flash Workout	