


















Group lessons are free for our members!

Please sign up in advance:    

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>9:00 – 10:00 AM TRX </p> <p>10:15 – 11:15 AM Yoga </p>		<p>8:00 – 9:00 AM Pilates </p> <p>09:15 – 10:15 AM TRX </p>	<p>8:30 – 9:15 AM ABS&CORE </p> <p>10:15 – 11:15 AM Yoga </p>	<p>8:00 – 9:00 AM Pilates </p>	<p>09:30 – 10:30 AM Pump </p> <p>11:00 – 12:00 AM Pump </p>
<p>6:00 – 7:00 PM TRX </p>	<p>6:00 – 7:00 PM Pump </p> <p>7:00 – 8:00 PM Total Body Workout </p>	<p>6:00 – 7:00 PM TRX </p> <p>7:00 – 8:00 PM Zumba </p>	<p>7:00 – 8:00 PM Pump </p>		<p>Opening hours Monday – Thursday 6:00 AM – 9:00 PM</p> <p>Friday 6:00 AM – 7:00 PM</p> <p>Saturday – Sunday 8:00 AM – 1:00 PM</p>