

# SEPTEMBER 2023 / GYM CLASSES

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
THALASSO KINETICS 30' 9:30		THALASSO KINETICS 30' 9:30		THALASSO KINETICS 30' 9:30
PILATES 10:30-11:15	FULL BODY CIRCUIT 10:30-11:15	HIPS & ABS 10:30-11:15	PILATES 10:30-11:15	FULL BODY CIRCUIT 10:30-11:15
TOTAL WORKOUT 11:30-12:15	CORE TRAINING 11:30-12:15	TOTAL WORKOUT 11:30-12:15	HIPS TRAINING 11:30-12:15	CORE TRAINING 11:30-12:15
FULL BODY CIRCUIT 17:30-18:15	PILATES 17:30-18:15	FULL BODY CIRCUIT 17:30-18:15	TOTAL WORKOUT 17:30-18:15	PILATES 17:30-18:15
	HIPS & ABS 18:30-19:15	CORE TRAINING 18:30-19:15		HIPS & ABS 18:30-19:15
KRAV MAGA 19:30-20:30	TOTAL WORKOUT 19:30-20:15	KRAV MAGA 19:30-20:30	FULL BODY CIRCUIT 19:30-20:15	TOTAL WORKOUT 19:30-20:15