

Monday

Tuesday

Wednesday

Thursday

Friday

Orangery:

Orangery:

Orangery:

Orangery:

Orangery:

09:00 - 09:45 **Circuits**

07:30 - 08:30 **Yoga**

08:45 - 09:15 **HITT**

09:00 - 10:00 **Bootcamp**

07:30 - 08:30 **Yoga**

11:00 - 12:00 **Yoga**

09:00 - 09:45 **Legs, Burns & Turns**

09:30 - 10:30 **Yoga**

17:00 - 18:00 **BODYBALANCE**

09:00 - 09:45 **Circuits**

18:30 - 19:30 **Dancersize**

17:30 - 18:30 **Pilates**

18:30 - 19:30 **Circuits**

17:00 - 18:00 **BODYBALANCE**

18:30 - 19:30 **Yoga**

18:00 - 19:00 **BODYCOMBAT**