

# SPORTS



## DANCE & HOLISTIC CLASSES/2ND FLOOR STUDIO

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
7:15 - 8:00							
9:00 - 9:45						ZUMBA	
11:30 - 12:15							ZUMBA STEP
13:00 - 13:45	VINYASA YOGA						
14:00 - 14:45					PILATES		
14:45 - 15:30				YOGA			
18:15 - 19:00	BODY BURN	LEGS, BUMS AND TUMS		OPTIMAL JUMP	ASHTANGA YOGA		
19:15 - 20:00			OPTIMAL DANCE	OPTIMAL DANCE			
20:15 - 21:00		BOLLYWOOD	HATHA YOGA	PILATES			



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## OPTIMAL FITNESS CLASSES/OPTIMAL ZONE

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
7:15 - 8:00	OPTIMAL HIIT	OPTIMAL LIFT	OPTIMAL BOXING		OPTIMAL CIRCUIT		
9:00 - 09:45							OPTIMAL IRONMAN
11:00 - 11:45						OPTIMAL CIRCUIT	OPTIMAL CORE
13:00 - 13:45		OPTIMAL GRIT	OPTIMAL CORE		OPTIMAL CARDIO		
14:45 - 15:30	OPTIMAL CIRCUIT (BEGINNERS)	OPTIMAL BOXING	OPTIMAL CARDIO				
18:15 - 19:00			OPTIMAL LIFT				
19:15 - 20:00	OPTIMAL BOXING						
20:15 - 21:00							



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## OPTIMAL RIDE CLASSES/INDOOR CYCLING STUDIO

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
7:15 - 8:00				OPTIMAL RIDE FOR STRENGTH			
10:00 - 10:30						OPTIMAL RHYTHM RIDE	OPTIMAL JUST RIDE
12:30 - 13:15	OPTIMAL RHYTHM RIDE	OPTIMAL POWER RIDE	OPTIMAL JUST RIDE	OPTIMAL RIDE FOR STRENGTH	OPTIMAL RECOVERY RIDE		
19:15 - 20:00	OPTIMAL RHYTHM RIDE	OPTIMAL JUST RIDE	OPTIMAL RIDE FOR STRENGTH	OPTIMAL RHYTHM RIDE	OPTIMAL RHYTHM RIDE		



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