

## STUDIO TIMETABLE | WESTEND

	TIME	M	T	W	T	F
MORNING SESSION	05:00-06:00	45 MIN STUDIO K-FIT DAYMOND	45 MIN STUDIO K-FIT DAYMOND	45 MIN STUDIO K-FIT DAYMOND	45 MIN STUDIO K-FIT DAYMOND	45 MIN STUDIO HIIT LUCKY
	05:15-06:00	45 MIN SPIN MIGUAL	45 MIN SQUASH HETTIE		45 MIN STUDIO B CALLANETICS HETTIE	
	06:00-10:00	STUDIO K-FIT DAYMOND	STUDIO K-FIT DAYMOND	STUDIO K-FIT DAYMOND	STUDIO K-FIT DAYMOND	STUDIO K-FIT DAYMOND
	08:00-09:00			45 MIN POOL AQUA HETTIE		45 MIN POOL AQUA KAREN
AFTERNOON SESSION	12:00-16:30	STUDIO JNR. BALLET SU-MARI	STUDIO	STUDIO JNR. BALLET SU-MARI	STUDIO	
	16:30-17:00	STUDIO K-FIT DAYMOND	STUDIO K-FIT DAYMOND	STUDIO K-FIT DAYMOND	STUDIO K-FIT DAYMOND	
	16:30-17:30			45 MIN STUDIO B YOGA LENA	STUDIO BODY TONE LENA	
	17:00-17:30					
	17:30-18:30	45 MIN STUDIO SWEAT & TONE HETTIE	45 MIN STUDIO YOGA LENA	45 MIN STUDIO	45 MIN STUDIO	
	17:30-18:30	45 MIN SPIN KAREN	45 MIN SPIN MIGUAL			
	18:30-19:30	STUDIO K-FIT DAYMOND	STUDIO K-FIT DAYMOND	STUDIO K-FIT DAYMOND	STUDIO K-FIT DAYMOND	

Please take note that although we strive to provide consistency in our studio schedule, instructors might change without notice.

K-FIT & BALLET classes are private classes & not included in the membership fees