

ZONE FITNESS

CLASS TIMETABLE **TRURO**

MON	TUE	WED	THU	FRI	SAT
SPIN 9:15-10:00	KETTLEBELLS 10:15-11:00	SPIN 9:15-10:00	SPIN 9:15-10:00	SPIN 9:15-10:00	CIRCUITS 10:00-10:45
CIRCUITS 10:15-11:00	YOGA 11:15-12:00	POWER 10:15-11:00	RETRO FITNESS 10:15-11:00	PUMP IT UP 10:15-11:00	
YOGA 11:15-12:00				YOGA 11:15-12:00	
CIRCUITS 17:30-18:00	STRENGTH & CONDITIONING 18:00-18:45	KETTLEBELLS 18:00-18:45	CIRCUITS 17:30-18:00	LADIES LIFTING 17:30-18:30	
SPIN 18:05-18:50	POWER YOGA 19:15-20:00	SPIN 19:00-19:45	POWER 19:15-20:00		
LADIES LIFTING 19:00-20:00					