

FITNESS CALENDAR



SUN	MON	TUE	WED	THU	FRI	SAT
		1 GYMNASTIC (KIDS) 5PM - 6PM LOWER BODY BLAST 6PM - 7PM BELLY DANCE (L) 7PM - 8PM & 8PM - 9PM	2 KARATE (KIDS) 5PM - 6PM KARATE 6PM - 7PM CIRCUIT TRAINING (L) 7PM - 8PM	3 GYMNASTIC (KIDS) 5PM - 6PM LOWER BODY BLAST (L) 6PM - 7PM	4 GYMNASTIC (KIDS) 5PM - 6PM	5
6	7 KARATE (KIDS) 5PM - 6PM TABATA (L) 6PM - 7PM	8 GYMNASTIC (KIDS) 5PM - 6PM LOWER BODY BLAST (L) 6PM - 7PM BELLY DANCE (L) 7PM - 8PM & 8PM - 9PM	9 KARATE (KIDS) 5PM - 6PM KARATE 6PM - 7PM CIRCUIT TRAINING (L) 7PM - 8PM	10 GYMNASTIC (KIDS) 5PM - 6PM LOWER BODY BLAST (L) 6PM - 7PM	11 GYMNASTIC (KIDS) 5PM - 6PM	12
13	14 KARATE (KIDS) 5PM - 6PM TABATA (L) 6PM - 7PM	15 GYMNASTIC (KIDS) 5PM - 6PM LOWER BODY BLAST (L) 6PM - 7PM BELLY DANCE (L) 7PM - 8PM & 8PM - 9PM	16 KARATE (KIDS) 5PM - 6PM KARATE 6PM - 7PM CIRCUIT TRAINING (L) 7PM - 8PM	17	18	19
20	21 KARATE (KIDS) 5PM - 6PM TABATA (L) 6PM - 7PM	22 GYMNASTIC (KIDS) 5PM - 6PM LOWER BODY BLAST (L) 6PM - 7PM BELLY DANCE (L) 7PM - 8PM & 8PM - 9PM	23 KARATE (KIDS) 5PM - 6PM KARATE 6PM - 7PM CIRCUIT TRAINING(L) 7PM - 8PM	24	25	26
27	28 KARATE (KIDS) 5PM - 6PM TABATA (L) 6PM - 7PM	29 GYMNASTIC (KIDS) 5PM - 6PM LOWER BODY BLAST (L) 6PM - 7PM BELLY DANCE (L) 7PM - 8PM & 8PM - 9PM	30			

*Terms & Conditions Apply



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