

Clubs: Geneva

< PREVIOUS WEEK

NEXT WEEK >

MORNING

	03 DEC — MONDAY	04 DEC — TUESDAY	05 DEC — WEDNESDAY	06 DEC — THURSDAY	07 DEC — FRIDAY	08 DEC — SATURDAY	09 DEC — SUNDAY						
07:00   60'	BOOT CAMP	07:00   60'	PILATES	07:00   60'	BODYPUMP™	07:00   60'	HATHA YOGA	07:00   45'	RPM™	09:30   90'	ASHTANGA YOGA	10:15   60'	BODYATTACK™
08:00   15'	ABS	08:00   15'	ABS	08:00   15'	ABS	07:00   45'	TRX	08:00   15'	ABS	10:30   75'	INDOOR CYCLING	11:20   60'	BODYBALANCE™
09:15   60'	BODYPUMP™	08:15   15'	FUNCTIONAL	08:15   15'	ROLLER	08:00   15'	ABS	09:15   60'	HATHA YOGA	11:05   30'	CXWORX™		
10:15   45'	RPM™	09:15   60'	STRETCH	09:15   45'	AIRFIT	08:15   15'	CIRCUIT	10:20   45'	CAF/BBP	11:40   45'	CAF/BBP		
10:20   60'	BODYBALANCE™	10:20   60'	BODY SHAPE	10:05   30'	CXWORX™	09:15   60'	BODY SHAPE	11:10   30'	CXWORX™				
11:15   15'	CIRCUIT	11:15   15'	ROLLER	10:40   60'	PILATES	10:20   60'	BODYPUMP™						
		11:25   45'	AIRFIT	11:25   30'	STRETCH	11:15   15'	ABS						

AFTERNOON

12:15   60'	BODY SHAPE	12:00   30'	LES MILLS GRIT...	12:00   15'	ABS	12:00   30'	LES MILLS GRIT...	12:00   15'	ABS	12:00   15'	ABS	12:00   15'	ABS
12:15   45'	RPM™	12:15   45'	RPM™	12:15   15'	FUNCTIONAL	12:15   15'	ABS	12:15   60'	BODYPUMP™	12:30   15'	CIRCUIT	12:25   60'	BODY SHAPE

EVENING 

12:15   60' PILATES	12:15   60' HATHA YOGA	12:15   45' RPM™	12:15   45' RPM™	12:15   45' RPM™	12:30   60' BODYBALANCE™	12:30   15' CIRCUIT
12:15   15' ABS	12:15   15' ABS	12:15   60' BODYPUMP™	12:15   60' BODYBALANCE™	12:15   5' CIRCUIT	13:00   15' FUNCTIONAL	13:00   15' FUNCTIONAL
12:45   15' FUNCTIONAL	12:35   45' BODYJAM™	12:15   60' ANTIGRAVITY FL...	12:30   15' ROLLER	12:15   60' PILATES	13:35   60' BODYJAM™	16:00   90' HATHA YOGA
13:20   60' HATHA YOGA	12:45   15' CIRCUIT	13:00   15' ROLLER	12:35   45' BODYATTACK™	13:00   15' FUNCTIONAL	16:30   60' ZUMBA®	17:30   45' INDOOR CYCLING
14:15   15' FUNCTIONAL	14:15   15' ROLLER	13:15   60' BODY SHAPE	14:00   15' CIRCUIT	14:15   15' CIRCUIT		
15:30   60' STRETCH	14:30   60' ANTIGRAVITY FL...	14:15   15' ABS	14:30   45' CAF/BBP	17:30   60' BODY SHAPE		
17:30   30' BODYATTACK™	14:30   60' BODY SHAPE	14:30   60' HATHA YOGA	15:30   60' PILATES			
17:30   45' TRX	15:35   60' PILATES	15:35   60' BODYBALANCE™	17:30   45' AIRFIT			
	17:30   60' BODYPUMP™	17:30   45' CAF/BBP				
18:00   15' ABS	18:15   15' CIRCUIT	18:00   30' LES MILLS GRIT...	18:00   30' CXWORX™	18:00   30' CXWORX™	18:00   15' ABS	18:00   15' ABS
18:05   30' LES MILLS GRIT...	18:30   75' INDOOR CYCLING	18:15   15' ROLLER	18:15   15' ABS	18:00   15' FUNCTIONAL		18:30   60' BODYPUMP™
18:15   15' ROLLER	18:35   60' BODY SHAPE	18:30   60' INDOOR CYCLING	18:30   60' DANCE	18:15   15' ABS		

18:30   45' INDOOR CYCLING	19:00   30' LES MILLS GRIT...	18:30   60' BODYBALANCE™	18:30   45' RPM™	18:30   45' RPM™
18:35   30' CXWORX™	19:15   15' ABS	18:30   60' BODYATTACK™	18:35   30' LES MILLS GRIT...	18:35   45' TRX
18:35   60' BODYPUMP™	19:35   60' ANTIGRAVITY FI...	19:15   15' FUNCTIONAL	19:15   15' ABS	18:35   60' BODYCOMBAT™
19:15   15' CIRCUIT	19:40   60' BODYCOMBAT™	19:35   45' AIRFIT	19:30   60' YOGA FLOW	19:15   15' ROLLER
19:40   60' PILATES		19:40   45' TRX	19:35   60' BODYPUMP™	19:40   60' BOOT CAMP

Instructor may change due to unforeseen circumstances