










# rossis

Live life well

## WINTER CLASS TIMETABLE








### Monday

09.00 - 09.45	 Spinning
10.15 - 11.00	  Aeroboogie
11.15 - 12.15	 Pilates
13.30 - 14.00	  Lite Lift Express 
18.00 - 18.45	 Spinning
19.15 - 20.00	 Zumba









### Thursday

08.30 - 09.15	  Aquafit
09.45 - 10.30	  Aquafit
10.00 - 10.45	  Lite Lift
11.00 - 12.00	 Hatha Yoga
18.00 - 18.45	  Strength & Sculpt
19.15 - 20.00	 Spinning





### Tuesday

08.30 - 09.15	  Aquafit
09.45 - 10.30	  Aquafit
10.00 - 10.45	  Strength & Sculpt
11.15 - 12.15	 Pilates
18.00 - 18.45	  Strength & Sculpt
19.00 - 19.45	  Body Active







### Friday

09.00 - 09.45	 Spinning
10.15 - 11.00	  Body Active
11.15 - 12.15	 Fitness Pilates
13.30 - 14.00	  LBT Express 
18.00 - 18.45	 Spinning
19.15 - 20.00	  AMRAP Challenge





### Wednesday

09.15 - 10.00	  Zumba Step
10.15 - 11.15	 Hatha Yoga
11.30 - 12.30	 Functional Pilates
13.30 - 14.00	  Core Conditioning Express 
18.00 - 18.45	  Boogieblast
19.15 - 20.00	 Stretch & Reset

### Saturday

08.45 - 09.30	  Strength & Sculpt
10.00 - 10.45	  Aquafit
11.30 - 12.30	  BoxFit

### Sunday

08.45 - 09.30	 Spinning
10.00 - 10.45	  AMRAP Challenge
11.00 - 11.45	 Chill & Reset



Mind & Body



Cardio



Strength

Every class on our timetable is suitable for all levels of fitness, from beginner through to advanced.

Book via the **Fitsense app**. or give us a call

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