

UNIREC SUMMER TIMETABLE 2019

FROM 14TH JANUARY TO 10TH FEBRUARY

14 th JAN						
Mon 14 Jan	Tues 15 Jan	Wed 16 Jan	Thurs 17 Jan	Fri 18 Jan	Sat 19 Jan	Sun 20 Jan
6.00–6.45AM H.I.I.T		6.00-6.45AM H.I.I.T	6.00-6.55AM Pump'd	6.00-6.55PM Bums Tums & Thighs		
8.30–9.30AM LifeFit Low			8.30-9.30AM LifeFit Low		8.15-9.10AM B.L.A.T.	
12.05–1.00PM Pump'd	12.05–12.50PM Body Blast Express		12.05-12.50PM Body Blast Express	12.05-1.00PM Stump	9.15-10.15AM Stump	
5.30–6.25PM Stump	5.30-6.25PM Pump'd	5.30-6.25PM Body Blast	5.30-6.25PM Pump'd	5.30-6.30PM Zumba Fitness		
6.30–7.30PM Zumba Fitness	6.40-7.30PM Box Fit					6.00-7.00PM Pump'd

REV						
6.00-6.45AM REV45	6.00-6.45AM REV 45	6.00-6.45AM REV 45	6.00-6.45AM REV 45	5.50-6.50AM REV 60	8.15-9.00AM REV 45	
	5.45-6.30PM REV 45	5.30-6.00PM REV Xpress	5.45-6.30PM REV 45			

YOGA						
	1.05-1.55PM YOGA	12.05-12.55PM YOGA		1.05-1.55PM YOGA		
5.30 – 6.30PM YOGA		5.30 – 6.30PM YOGA	5.30 – 6.30PM YOGA			