



LivingWell

HEALTH CLUBS

Personalised fitness for life

DAYS								
SUNDAY		8:15-9:00 AM Boot Camp <i>Lewis</i>		9:30-10:30 AM Tai Chi <i>Manifest</i>	10:35-12:00 PM Yoga <i>Alexis</i>			
MONDAY	6:00-6:45 AM Boot Camp (Pay Class) <i>Lewis</i>		9:00-10:00 AM Yoga <i>Asrat</i>		11:00-11:45 AM Golden Fit <i>Beth</i>	5:45-6:15 PM AB Blast Class <i>Amelia</i>	6:30-7:45 PM Yoga <i>Ilana</i>	
TUESDAY			9:15-10:00 AM Body Sculpt <i>Marita</i>	10:05-11:00 AM Core Balance <i>Asrat</i>		5:30-6:15 PM TOTAL (TRX, core&more) <i>Eva</i>		
WEDNESDAY	6:00-6:45 AM Boot Camp (Pay Class) <i>Lewis</i>	8:00-9:00 AM Yoga <i>Asrat</i>		10:10-10:50 AM Golden Fit <i>Beth</i>		5:45-6:15 PM AB Blast Class <i>Amelia</i>	6:40-7:40 PM Yoga Level 1-2 <i>Asrat</i>	
THURSDAY		8:00-9:00 AM Golden Yoga <i>Asrat</i>	9:15-10:00 AM Body Sculpt <i>Marita</i>	10:05-11:00 AM Core Balance <i>Asrat</i>		5:30-6:15 PM TOTAL (TRX, core&more) <i>Eva</i>		
FRIDAY	6:00-6:45 AM Boot Camp (Pay Class) <i>Lewis</i>		9:00-10:15 AM Yoga Basics <i>Asrat</i>		11:00-11:45 AM Golden Fit <i>Beth</i>			
SATURDAY				9:00-9:45 AM HDT-3 High Density Training (Boot Camp) <i>Lewis</i>				

*Valid from: September 23rd 2019