

EAST PARK MALL

GYM CLASS SCHEDULE



MON	TUE	WED	THU	FRI	SAT
06:00 - 07:00 SPINNING KAFULA	06:00 - 07:00 SPINNING TWAMBI	06:00 - 07:00 SPINNING TWAMBI	06:00 - 07:00 SPINNING TWAMBI	06:00 - 07:00 SPINNING KAFULA	07:00 - 08:00 SPINNING TWAMBI
06:00 - 07:00 PILATES MUSONDA	08:00 - 09:00 YOGA CHERRY	06:30 - 7:30 XTREME HIP HOP MANGA	06:30 - 07:30 ZOCA FRANK	06:00 - 07:00 PILATES MUSONDA	07:00 - 08:00 TABATA FUNCTIONAL TRAINING SETH
			08:00 - 09:00 YOGA CHERRY		08:00 - 11:00 KARATE RAYMOND
17:45 - 18:45 PILATES MUSONDA	17:30 - 19:00 XTREME HIP HOP MANGA	17:45 - 18:45 PILATES MUSONDA	17:45 - 18:45 PILATES MUSONDA	18:00 - 19:00 XTREME HIP HOP MANGA	
18:00 - 19:00 BOXERCISE HASTINGS	18:00 - 19:00 FIGHT CLUB HASTINGS	18:00 - 19:00 SPINNING NEVERS	18:00 - 19:00 BOXING HASTINGS	18:00 - 19:00 SPINNING MAXIME	
18:45 - 19:45 ZOCA FRANK		18:00 - 19:00 BOXING HASTINGS	18:45 - 19:45 ZOCA FRANK	18:00 - 19:00 FIGHT CLUB HASTINGS	