

MTLC Activity Timetable

MONDAY

Spin	6:45 - 7:30	High Intensity
Pilates	9:00 - 10:00	Low Intensity
Legs Bums and Tums	10:00 - 10:45	Medium Intensity
Easy Circuits	11:00 - 12:00	Low Intensity
Functional Training	18:15 - 19:00	High Intensity
Girls Disco Spin	18:00 - 19:00	High Intensity
Aqua	18:00 - 19:00	Medium Intensity
Disco Spin	19:15 - 20:00	High Intensity

TUESDAY

Cardio Row	6:45 - 7:30	High Intensity
Functional Training	9:30 - 10:30	High Intensity
Aqua	10:00 - 11:00	Medium Intensity
Tai Chi	12:30 - 13:30	Low Intensity
Core Blast	12:30 - 13:00	Medium Intensity
Legs Bums and Tums	17:00 - 17:45	Medium Intensity
Bootcamp	18:00 - 19:00	High Intensity
Booty - Shakers	18:00 - 19:00	Medium Intensity
Body Pump*	19:00 - 20:00	High Intensity

WEDNESDAY

Spin	6:45 - 7:30	High Intensity
Body Weight Blast	9:30 - 10:30	High Intensity
Zumba	10:00 - 11:00	Medium Intensity
Easy Circuits	11:00 - 12:00	Low Intensity
Rave Spin	17:15 - 18:00	High Intensity
U - Rebound	18:15 - 19:00	High Intensity

THURSDAY

HIIT	6:45 - 7:30	High Intensity
Legs Bums and Tums	10:00 - 10:45	Medium Intensity
Aqua	12:00 - 13:00	Medium Intensity
Functional Training	18:00 - 19:00	High Intensity
Booty-shakers	18:00 - 19:00	Medium Intensity
Body Attack*	19:15 - 20:00	High Intensity

FRIDAY

Core Blast	7:15 - 7:45	Medium Intensity
Zumba	9:00 - 10:00	Medium Intensity
Core Ball	9:30 - 10:00	Medium Intensity
Easy Circuits	11:00 - 12:00	Low Intensity
Aqua	11:00 - 12:00	Medium Intensity
Kardiobells	18:30 - 19:30	High Intensity

SUNDAY

Body Pump*	10:00 - 11:00	High Intensity
Body Attack*	11:00 - 12:00	High Intensity

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