Lifeline Studio Class Timetable

All classes last approximately 45 minutes

Monday

08:45	Core
09:30	Functional Fitness
18:00	Spin
18:50	Spin

Tuesday

10:15	Mind & Motion
18:00	Spin
18:50	Spin

Wednesday

18:00	Pilates
18:45	BoxFit

Thursday

10:30	BoxFit
18:30	Yoga

Friday

09:30	Spin

Saturday

09:30	Spin
10:30	Mind & Motion

Sunday

08:45	HARD Core