

Zest Timetable Summer 2022

	MON	TUES	WED	THURS	FRI	SAT
8AM	Total Body Mondays	Crucial Core	Strength & Conditioning	Strength & Conditioning	Feel Good Friday Circuits	Saturday Special
9AM	Total Body Mondays	Crucial Core	Strength & Conditioning	Strength & Conditioning	Feel Good Friday Circuits	Saturday Special
10AM	Total Body Mondays	Crucial Core	Advanced Pilates	Strength & Conditioning	Feel Good Friday Circuits	Saturday Special
11AM	Total Body Mondays	Crucial Core	Strength & Conditioning	Strength & Conditioning	Feel Good Friday Circuits	Saturday Special
12PM						

More classes in the Studio (see overleaf)

2PM						
3PM		Beginners Pilates	Beginners Pilates		Men's Strength & Mobility	
4PM						
5PM		Crucial Core	MetCon Interrupted (30 mins each)			
6PM	Progressive Weights					
7PM	Progressive Weights	Body Sculpting 6.15pm		Boxing Intense	Progressive Weights	
8PM		Body Sculpting 7.15pm		Body Pulse		

