

# Zest Timetable Winter 2022

	MON	TUES	WED	THURS	FRI	SAT
8AM	Total Body Mondays	Strength & conditioning	Strength & conditioning	Strength & conditioning	Functional Fridays	Saturday Special
9AM	Total Body Mondays	Strength & conditioning	Strength & conditioning	Strength & conditioning	Functional Fridays	Saturday Special
10AM	Total Body Mondays	Strength & conditioning	Advanced Pilates	Strength & conditioning	Functional Fridays	Saturday Special
11AM	Total Body Mondays	Strength & conditioning	Strength & conditioning	RETURN TO FITNESS COURSE	Functional Fridays	Saturday Special
2PM		Beginners Pilates			Men's Strength & Mobility	
3PM						
4PM		Functional Training	MetCon Circuits (30 mins each)			
5PM	Progressive Weights	Functional Training				
6PM	Progressive Weights	Body Sculpting 6.15pm		Boxing Intense	Progressive Weights	
7PM		Body Sculpting 7.15pm		NEW Bodybox		

**More classes in the Ballet Studio  
(see overleaf)**

Purple - instructor guided gym programme

Green - Pilates

Red - cardio/specialist

Blue - strength

