

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 | 07:15 - 08:15 YOGA SARAH | 06:30 - 07:30 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 - 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 MBACHI ALBELT | 18:30 - 19:00 FIGHT CLUB MBACHI | 18:00 - 19:00 SPINNING NEVERS | 18:00 - 19:00 BOXING MBACHI ALBELT | 18:00 - 19:00 SPINNING MAXIME | |
| 18:45 - 19:45 ZOCA FRANK | | 18:00 - 19:00 BOXING MBACHI ALBELT | 18:45 - 19:45 ZOCA FRANK | 17:30 - 19:00 FIGHT CLUB MBACHI ALBELT | |