

# FITLAB GROUP CLASSES TIMETABLE

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
8.00AM							
9.00AM	ZUMBA 9.00 - 10.00AM	AQUA AEROBICS 9.00 - 10.00AM	ZUMBA 9.00 - 10.00AM	AQUA AEROBICS 9.00 - 10.00AM	YIN YOGA 9.00 - 10.00AM		ELITE SPORTS GYMNASTICS 9.00 - 11.00AM
10.00AM					ZUMBA 10.15 - 11.15AM		
11.00AM							
12.00PM				YIN YOGA 12.00 - 1.00PM			
1.00PM							
2.00PM							
3.00PM							
4.00PM	YIN YOGA 4.30 - 5.30PM	ELITE SPORTS GYMNASTICS 4.00 - 6.00PM					
5.00PM							
6.00PM							

 **DOWNLOAD VIYA**  
*Your Exclusive Rewards App*

