

MOB45 - May 2018

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
7:00AM	HIIT45	Cycle45		Strength45 (Lower Body)	Barre45
7:00AM			HIIT45		
7:15AM		Core30			
7:30AM	Cycle45		Conditioning45		
7:50AM	Power Yoga	HIIT45	Conditioning45	Cycle45	Conditioning45
7:50AM			Cycle45 - NW	Pilates	
12:00PM					
12:10PM	Conditioning45	Pilates	HIIT45	Conditioning45	Power Yoga
12:30PM				Cycle45	Cycle45
1:00PM	Cycle45	Cycle45	Cycle45		
1:00PM	Strength45 (Full Body)	Conditioning45	Strength45 (Full Body)	Buti Yoga	HIIT45
5:30PM			Core30	Cycle45	
5:40PM	Conditioning45	HIIT45		HIIT45	
5:45PM	Cardio45	Cardio45	Cycle45		Om Yoga
6:00PM	Cycle45	Cycle45	Power Yoga		Cycle45
6:25PM	HIIT45				
6:30PM		Strength45 (Lower Body)		Om Yoga	
6:30PM			Cycle45	Cycle45	
6:50PM	Cycle45	Cycle45	Strength45 (Upper Body)		
7:15PM	Barre45	Pilates			

CLASS CATERGORY
Strength45
HIIT45
Zen45
Dance45
Conditioning45
Cycle45

NW - Non-Weighted Cycle



Book Online @
mob45.co.uk