

		mon	tue	wen	thu	fri	sat	sun
07:00 - 08:00	LIVE	BODYPUMP						
09:00 - 10:00	LIVE			BODYPUMP	BODYPUMP			
09:30 - 10:30	LIVE					BODYPUMP		
10:15 - 11:15	LIVE						BODYPUMP	
14:00 - 14:45	LIVE	BODYPUMP						
14:15 - 15:00	LIVE					BODYPUMP		
14:45 - 15:30	LIVE				BODYPUMP			
17:45 - 18:30	LIVE		BODYPUMP					
18:45 - 19:30	LIVE				BODYPUMP			
20:00 - 20:45	LIVE	BODYPUMP						
20:30 - 21:15	LIVE			BODYPUMP				