



BAMBOO FITNESS

Give back to you...

Monday	08:00 - 09:00	Yoga	All
	09:00 - 10:00	Aerobics	Intermediate
	18:30 - 19:30	Pilates	Beginner
Wednesday	08:00 - 09:00	HIIT	Beginner
	09:00 - 10:00	Spin	Intermediate
	18:30 - 19:30	Pilates	Intermediate
Friday	08:00 - 09:00	Conditioning	Intermediate
	09:00 - 10:00	HIIT	All
	18:30 - 19:30	Pilates	Beginner
Saturday	08:00 - 09:00	Spin	All
	09:00 - 10:00	HIIT	All
	18:30 - 19:30	Aerobics	All
	19:30 - 20:30	Conditioning	All

