

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Time
07:45	Core training Online			Core training On Site	Core training Online	07:45
9.30 untill 12:00		Physical therapy	Physical therapy	Fitness / Physical therapy	Physical therapy	9.30 untill 12:00
	Monday	Tuesday	Wednesday	Thursday	Friday	
12.00	Fitness opens at 12:00	Fitness opens at 12:00	Fitness opens at 12:00	Fitness opens at 7:30	Fitness opens at 12:00	12.00
12.15						12.15
12.30	Core training On Site	Core training On Site	Core training On Site	Core training On Site	Core training On Site	12.30
12.40						12.40
13.00						13.00
13.15						13.15
13.30		Yoga Live and online		Yoga Live and online		13.30
13.45						13.45
14.00						14.00
14.15						14.15
14.30						14.30
14.45						14.45
15.00						15.00
15.15						15.15
15.30						15.30
15.45						15.45
16.00						16.00
16.15						16.15
16.30		Circuit training	free consultation on appointment	Circuit training - Full body live and online		16.30
16.45						16.45
17.00					Spinning live and online	17.00
17.15	Circuit training - lower body live and online	Core training Live and online				17.15
17.30	Core training Live and online		Spinning live and online			17.30
17.45	Circuit training - upper body live and online	Circuit training - Full body live and online				17.45
18.00						18.00
18.15						18.15
18.30						18.30
18.45						18.45
19.00	Fitness closes at 19:00	Fitness closes at 19:00	Fitness closes at 19:00	Fitness closes at 19:00	Fitness closes at 19:00	19.00