CLASS SCHEDULE | Céramique

Book your spot now in the il fiore app or at the front desk.
Schedule may vary on public holidays and during school holidays.

This class takes place once every 4 weeks*

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
09:00 - 09:30 Les Mills Core	**09:00 - 10:00** Les Mills Tone	**07:00 - 08:00** Flow Yoga	**09:30 - 10:30** Live Spinning	**08:00 - 09:00** Live Spinning	**08:45 - 09:30** Les Mills Dance	**08:45 - 09:15** Yoga*
09:35 - 10:35 Les Mills BodyBalance	**10:00 - 11:00** Live Spinning	**09:30 - 10:00** Les Mills Core	**10:30 - 11:00** Les Mills Core	**09:00 - 09:45** Zumba	**09:30 - 10:00** Les Mills Core	**09:30 - 10:30** Live Spinning
10:40 - 11:40 BodyMix	**10:00 - 10:45** Synergy (2nd floor)	**10:00 - 10:50** Zumba	**11:15 - 12:15** Les Mills BodyBalance	**09:45 - 10:30** Les Mills BodyPump Heavy	**10:00 - 11:00** Hyrox - Small Group	**10:00 - 11:00** Les Mills BodyPump
		11:00 - 12:00 Vitaal GYM		**10:45 - 11:45** Les Mills BodyPump	**10:15 - 11:15** Live Spinning	
16:00 - 17:15 Yin Yoga	**17:30 - 18:30** Les Mills BodyPump	**18:00 - 19:00** Live Spinning	**17:30 - 18:30** Les Mills BodyAttack	**17:30 - 19:00** Ashtanga Yoga		
17:20 - 18:20 Les Mills BodyAttack	**18:30 - 19:15** Les Mills Dance	**19:15 - 20:15** Les Mills BodyCombat	**17:30 - 18:20** Synergy (2nd floor)			
17:30 - 18:15 Synergy (2nd floor)	**19:15 - 20:15** Live Spinning	**20:30 - 21:30** Les Mills BodyBalance	**18:30 - 19:30** Les Mills BodyPump			
18:30 - 19:15 Synergy (2nd floor)			**20:00 - 21:15** Yin Yoga			
18:30 - 19:30 Les Mills BodyPump	**From 20 October**					
19:30 - 20:30 Les Mills BodyCombat	**19:15 - 20:15** Les Mills BodyPump Heavy					
20:30 - 21:30 Les Mills BodyBalance	**20:15 - 21:15** Live Spinning					