CLASS SCHEDULE | Herten

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

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
09:00 - 10:00 Les Mills BodyPump	**07:00 - 07:40** Les Mills GRIT Strength	**08:30 - 09:00** Les Mills GRIT Athletic	**09:00 - 10:00** Les Mills BodyPump	**07:00 - 07:30** Les Mills GRIT Strength	**08:00 - 09:30** Ashtanga Yoga	**09:30 - 10:15** Les Mills Core
10:00 - 10:45 Les Mills Tone	**08:45 - 09:30** Les Mills Core	**09:15 - 10:00** Les Mills Tone	**10:00 - 11:00** Les Mills BodyBalance	**08:45 - 09:15** Les Mills GRIT Athletic	**09:35 - 10:05** Les Mills GRIT Strength	**10:30 - 11:30** Les Mills BodyAttack
11:00 - 12:15 Yoga	**09:30 - 10:30** Les Mills BodyBalance	**10:15 - 11:15** Les Mills BodyPump	**11:15 - 12:15** Yin Yoga	**09:15 - 10:00** Les Mills Dance	**10:15 - 11:15** Body Combat	**11:30 - 12:30** Les Mills BodyPump
				10:15 - 11:15 Les Mills BodyBalance		
18:30 - 19:00 Les Mills GRIT Strength	**18:30 - 19:00** Les Mills GRIT Strength	**18:00 - 18:30** Les Mills GRIT Cardio	**18:30 - 19:30** Bodypower	**18:30 - 19:15** Les Mills Strength Dev.		
19:00 - 19:30 Les Mills GRIT Athletic	**19:00 - 20:00** Combat	**18:30 - 19:15** Les Mills Core	**19:30 - 20:30** Les Mills BodyAttack	**19:30 - 20:30** Les Mills BodyPump		
19:30 - 20:30 Les Mills BodyAttack	**20:00 - 21:00** Les Mills BodyBalance	**19:15 - 20:00** Les Mills BodyJam	**20:30 - 21:30** Les Mills BodyBalance			
20:30 - 21:30 Les Mills BodyPump		**20:30 - 21:00** Les Mills BodyPump				