

Aerobic Studio



Day	Class	Instructor	Time
MONDAY	Cardio Blast	Martin	07:10 - 08:00
	Mum's Club	Jorge	10:00 - 11:00
	Kettlebells	Jorge	12:10 - 12:45
	Six Pack	Jack	13:10 - 13:45
	Express Circuits	Angela	17:30 - 18:10
TUESDAY	Studio Strength	Shaz	12:10 - 12:45
	Tae Bo	Sam H	13:10 - 13:45
	Les Mills Grit Strength	Kate	17:45 - 18:15
WEDNESDAY	Pure Strength	Shaz	12:10 - 12:45
	Strength Circuits	Jack	13:10 - 13:45
	Les Mills Grit Cardio/Plyo	Kate	17:45 - 18:15
	Yoga	Larisa	18:30 - 19:20
THURSDAY	Kettlebells	Jorge	07:10 - 07:45
	Step	Jorge	12:10 - 12:45
	HIIT	Jorge	13:10 - 13:45
FRIDAY	Mum's Club	Jack	10:00 - 11:00
	Zumba Express	Sam H	13:10 - 13:45
SATURDAY	Shred	Shaz	10:00 - 11:00
	Yoga	Larisa	11:10 - 12:00

Visit www.carrefour.im to book your class space in advance.

(Advance booking open to club members only)

CLAS S SCHEDULE