



OUR HISTORY - YOUR FUTURE

PYMBLE GYM

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TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	TIME	SATURDAY	SUNDAY
6:00AM		BODYPUMP		YOGA	BODYPUMP	7:30AM	BODYPUMP	
6:30AM			CXWORX			8:30AM	BODYSTEP	
8:30AM	ABT	BODYATTACK	BODYPUMP	PILATES	POWER YOGA			
	SYNRGY360					9:00AM		CIRCUIT
9:30AM	BODYPUMP	BODYBALANCE	BODYCOMBAT	BODYSTEP	BODYATTACK	9:30AM	BODYPUMP	
9:40AM								
10:30AM	PILATES	S) ZVMBA	POWER YOGA	SCULPT	BODYPUMP			
		SYNRGY360			SYNRGY360	10:00AM		POWER YOGA 75 mins
11:30AM	SCULPT	ABT			CXWORX	10:30AM	PILATES	
12:00PM					BODYBALANCE			
12:15PM						4:00PM	BODYATTACK	BODYPUMP
12:30PM	YOGA		BODYPUMP			5:00PM	BODYPUMP	BODYCOMBAT.
1:00PM			CXWORX					
5:30PM	BODYSTEP	BODYPUMP	CXWORX	BODYATTACK				
5:45PM	SYNRGY360							
6:00PM			BODYBALANCE	SYNRGY360				
6:30PM	BODYPUMP	PILATES	POWER YOGA	BODYPUMP	RESTORATIVE YOGA			
7:30PM	YOGA (7:45PM)	BODYATTACK	BODYPUMP	BODYBALANCE				
TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	TIME	SATURDAY	SUNDAY
5:45AM	SPIN	BOXING 6:10AM	SPIN	BOXING 6:10AM	SPIN	7:30AM		
8:15AM		SPIN		SPIN		7:45AM	SPIN	
9:30AM				BOXING				
9:45AM					SPIN			
10:45AM	SPIN		SPIN			4:00PM		SPIN 1 HOUR
5:45PM		SPIN		SPIN				
6:30PM	SPIN		SPIN					



