

RHYTHM & *Radiance week*



**A WEEK OF FREE THEMED FITNESS
CLASSES, MUSIC & PRIZES!**

8th of Sept - 13th of Sept

MON

LATIN HEAT

8:45 am Step & 5:30 pm Body Pump

TUE

RETRO REWIND

5:30 pm - Tone

WED

GOLDEN OLDIES GROOVE

8:45 am ABT

THU

ROCK THE FLOOR

5:30 pm - Body Pump

FRI

CLUB NIGHT

9:15 am - Body Pump

SAT

POP ICONS PARTY

9:30 am - Body Pump and Core

SUN

ISLAND CHILL

8:30am - Tone