

|               |        | mon | tue         | wen         | thu         | fri         | sat | sun |
|---------------|--------|-----|-------------|-------------|-------------|-------------|-----|-----|
| 07:15 - 08:00 | ROOM 1 |     |             |             |             | CARDIO HIIT |     |     |
| 10:15 - 11:00 | ROOM 1 |     |             |             | CARDIO HIIT |             |     |     |
| 14:15 - 15:00 | ROOM 1 |     |             | CARDIO HIIT |             |             |     |     |
| 18:00 - 18:45 | ROOM 1 |     |             |             | CARDIO HIIT |             |     |     |
| 19:45 - 20:30 | ROOM 1 |     | CARDIO HIIT |             |             |             |     |     |