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 BOUTIQUE GYM

**Roof Top line-up @ TRF techno - Summer 2012**

		Monday	Tuesday	Wednesday	Thursday	Friday
Time						
AM	06:30 - 07:15	⌘ Spinning	⌘	⌘ Spinning	⌘	⌘ Spinning
	07:30 - 08:30		⌘ Pilates		⌘ Pilates	
	12:00 - 13:00	⌘ Pilates	⌘ Body Conditioning 12:30	⌘ Pilates	⌘ Body Conditioning 12:30	⌘ Body Conditioning 12:30
LUNCH	13:00 - 13:30					
	16:15 - 17h15			⌘ Dynamic Pilates		
PM	17:15 - 18:00	⌘ Body Conditioning		⌘ Body Conditioning		
	18:15 - 19:15					
	19:00 - 20:15	⌘ Freedom Style MMA		⌘ Freedom Style MMA		

See our Website for more info: <http://www.totalrevolution.co.za>