

Belhus Time Table For Aerobics

	06:00	06:30	07:00	07:30	08:00	08:30	09:00	09:30	10:00	10:30	11:00	11:30	12:00	12:30	13:00	13:30	14:00	14:30	15:00	15:30	16:00	16:30	17:00	17:30	18:00	18:30	19:00	19:30	20:00	20:30	21:00	21:30		
Monday							Group Cycle		Circuits																		Pound		Pilates					
																												Group Cycle						
Tuesday								Zumba		Pilates																	L.B.T		Total Pump					
																												Group Cycle						
Wednesday								Zumba																		Total Tone		Pound Unplugged						
								Group Cycle																										
Thursday									Pilates																		Circuits							
Friday								Zumba																										
								Group Cycle																										
Saturday							Group Cycle																											
Sunday																																		