























New Melville Street Timetable as of Monday August 26th

<b>Aerobics</b>	Time	6:15	9:15	10:00	12:10	12:50	1:10	5:00	5:30	6:30
	Monday	6:00 ST. BAR		FB EX	STRONG BAR	ABS	HIIT	4:30 BOX   5:00 ABS	HIIT	
	Tuesday	BOOT CAMP	9:45 ST. BAR EX		ZUMBA		YOGA	HIIT	STRONG BAR	MAT PILATES
	Wednesday				STEP		STRONG BAR	ABS	HIIT	
	Thursday	BOOT CAMP		ROLLER EX	CB		HIIT	4:30 ABS	5:00 HIIT	6:00 YOGA
	Friday	STRONG BAR		10:15 YOGA			YOGA		5:00 HIIT EX	
	Time	7:30	8:30	9:30	10:00	10:30				
	Saturday	HIIT	HIIT	STRONG BAR		YOGA				
	Sunday		9:00 ST. BAR							
	<b>Circuit</b>	Time	6:30	9:15		12:10	1:10	4:30	5:00	5:30
Monday		C			C				C	
Tuesday					C INDUCTION	C				RUN
Wednesday		C	C		C		C EXPRESS	C INDUCTION	C	
Thursday						C			C EXPRESS	
Friday		C	C		C	AER ATTACK				
Time			9:00	9:30						
Saturday				C						
Sunday		C								
<b>Spin</b>	Time	6:30	9:15		12:10	1:10		4:30	5:30	
	Monday		SPIN EX			SPIN		SPIN EX	SPIN	
	Tuesday	SPIN	SPIN EX		SPIN			SPIN EX	SPIN	
	Wednesday	6:00 SPIN				SPIN			SPIN	
	Thursday	SPIN	SPIN EX		SPIN			5:00 SPIN EX	SPIN EX	
	Friday				SPIN			SPIN EX		
	Time		8:30		10:00					
	Saturday		SPIN							
Sunday				SPIN						
<b>Platinum</b>	Time			6:30	9:00	12:10	1:10	4:30	5:30	
	Monday	Strength								
	Tuesday	Endurance								
	Wednesday	Strength								
	Thursday	Endurance								
	Friday	Strength								
	Time				8:30					
Saturday	Endurance			