

# Unique Results Timetable

## Monday

06.00 – 23.00 Personal Training by appointment  
07.00 – 09.00 Open Session  
12.00 – 14.00 Open Session  
17.30 – 20.00 Open Session  
19.30 – 20.15 **SPINNING** (9 people max)  
20.15 – 21.15 Kickboxing Fitness (12 people max)

## Tuesday

06.00 – 23.00 Personal Training by appointment  
07.00 – 09.00 Open Session  
10.30 – 11.30 Pilates (10 people max)  
12.00 – 14.00 Open Session  
12.00 – 13.00 Yoga (10 people max)  
17.30 – 20.00 Open Session  
19.15 – 20.00 **SPINNING** (9 people max)  
20.15 – 21.15 Boxing Fitness (12 people max)

## Wednesday

06.00 – 23.00 Personal Training by appointment  
07.00 – 09.00 Open Session  
12.00 – 14.00 Open Session  
17.30 – 20.00 Open Session  
20.15 – 21.15 Kickboxing Fitness (12 people max)

## Thursday

06.00 – 23.00 Personal Training by appointment  
07.00 – 09.00 Open Session  
07.00 – 07.45 **SPINNING** (9 people max)  
12.00 – 14.00 Open Session  
17.30 – 19.00 Open Session  
18.00 – 19.00 Boxing Fitness (12 people max)  
19.15 – 20.15 Pilates (10 people max)

## Friday

06.00 – 23.00 Personal Training by appointment  
07.00 – 09.00 Open Session  
12.00 – 14.00 Open Session  
18.00 - 19.00 Circuit Training (12 people max)  
18.00 - 19.00 Yoga (10 people max)

## Saturday

06.00 – 23.00 Personal Training by appointment  
08.00 – 10.00 Open Session  
09.00 – 09.45 **SPINNING** (9 people max)  
10.00 – 11.00 Boxing Fitness (12 people max)  
11.00 – 12.00 Pilates (10 people max)

## Sunday

06.00 – 23.00 Personal Training by appointment  
08.00 – 08.45 **SPINNING** (9 people max)  
09.00 – 09.45 **SPINNING** (9 people max)  
10.00 – 11.00 Kickboxing Fitness (12 people max)

