

# MZ-REMOTE



The unbeatable virtual experience.

Monday	
Yoga	09:00-10:30
Tone Zone	10:15-10:45
Step	11:15-12:00
Core	17:30-18:00
HIIT	18:15-18:45
Zumba	19:15-20:00
Tuesday	
HIIT	08:00-08:30
Legs Bums & Tums	09:00-10:00
Supple Strength	10:15-11:15
Core	17:30-18:00
Spin	18:15-19:00
Pilates	18:45-19:45
Kettlebells	19:15-20:00
Wednesday	
Spin	07:00-07:45
HIIT	09:00-09:30
Tone Zone	10:15-10:45
Yoga	11:30-12:30
Core	17:30-18:00
HIIT	18:15-18:45
Pilates	19:15-20:15
Thursday	
HIIT	08:00-08:30
Yoga	09:00-10:30
Tone Zone	10:30-11:00
Core	17:30-18:00
Spin	18:15-19:00
Zumba	19:15-20:00
Friday	
Legs Bums & Tums	09:00-10:00
Supple Strength	10:15-11:15
Step	11:30-12:15
Core	17:30-18:00
HIIT	18:15-18:45
Saturday	
HIIT	08:00-08:30
Spin	09:30-10:15
Sunday	
HIIT	08:00-08:30
Spin	09:30-10:15

