Exercise to Music Time Table Example

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Spin BV1&2	**18:00- 18:45**		**18:00- 18:45 & 19:00 - 19:45**	**18:00- 18:45**	**Vibe! 18:00 - 18:45**	**09:00 - 09:45**	
Ab - Crunch BV1&2						**10:00 - 10:30**	
LBT Hall				**18:00 - 19:00**			
Circuits / HITT			**18:00 - 19:00**				
Yoga / Pilates				**19:00 - 19:45**			
Zumba		**19:00 - 20:00**					