



	08:30am	09:30am	13:00pm	18:00pm	19:00pm	20:00pm
Monday	MYZONE BURN	MYZONE CIRCUITS	MYZONE CORE	MYZONE BURN	MYZONE CORE	MYZONE CIRCUITS
	08:30am	10:30am	11:00pm	16:30pm	18:30pm	19:30pm
Tuesday	MYZONE PADWORK	MYZONE BELLS	MYZONE 50+	MYZONE TEEN FIT	CIRCUITS	MYZONE BURN
	07:00am	08:30am	10:00pm	18:30pm	20:00pm	
Wednesday	MYZONE BURN	MYZONE CORE	MYZONE CIRCUITS	MYZONE PADWORK	MYZONE BELLS	
	07:00am	09:00am	11:30pm	18:00pm	19:00pm	20:00pm
Thursday	MYZONE CIRCUITS	MYZONE BELLS	MYZONE 50+	MYZONE CIRCUITS	MYZONE CORE	MYZONE PADWORK
	08:00am	11:00am	12:00pm			
Friday	MYZONE CORE	MYZONE BELLS	MYZONE CIRCUITS			
	08:30am	10:30am	16:00pm			
Saturday	MYZONE CORE	MYZONE PADWORK	MYZONE HIIT			
	09:00am	12:00am	16:00pm			
Sunday	MYZONE CORE	MYZONE HIIT	MYZONE CIRCUITS			



Launch Timetable
20TH -26th FEBRUARY