

ENGADINE LEISURE CENTRE FESTIVE SEASON TIMETABLE

	AEROBIC STUDIO	SPIN	AQUA
24 DECEMBER 5:30AM - 3PM	5:45am: Power Hour 9:30am: FX 45 9:30am: Yoga 10:30am: TRX 45	5:45am: F/S or RPM 9:30am: F/S or RPM	NO CLASSES
25 DECEMBER	CLOSED		
26 DECEMBER	CLOSED		
27 DECEMBER 5:30AM - 7PM	5:35am: Metafit 30 6:05am: MetaPWR 30 9:30am: Pump 10:45am: Yoga	NO CLASSES	8:00am: Deep 45
28 DECEMBER 6AM - 7PM	7:30am: TRX 45 8:15am: Pump 9:30am: Boxing 10:30am: Pilates	8:30am: F/S or RPM	8:30am: Deep 45
29 DECEMBER 7AM - 7PM	9am: Body Balance	NO CLASSES	NO CLASSES
30 DECEMBER 5:30AM - 7PM	5:45am: Strength Circuit 9:30am: Pump 9:30am: TRX 45 10:45am: Pilates	10:30am: F/S or RPM	8:00am: Deep 45
31 DECEMBER 5:30AM - 3PM	5:45am: Power Hour 9:30am: FX 45 9:30am: Yoga 10:30am: TRX 45	5:45am: F/S or RPM 9:30am: F/S or RPM	NO CLASSES
1 JANUARY	CLOSED		

