

M O M E N T U M

CLASS SCHEDULE

Mar-17

Time	MONDAY	TUES	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY	
7:15 AM		Closed						
8:30 AM								
9:15 AM	Gravity: PILATES			willPower & grace®	Pilates on BOSU	CardioPUNCH Circuit		
9:30 AM							Spartacus - Indoor Bootcamp	
10:30 AM	Pilates on the circuit			Flexibility & Mobility	Gravity: PILATES	CrossCore Legs Bums & Tums	Core-Blast!	CardioPUNCH Circuit
	CardioPUNCH Circuit							
11:30 AM								BURN! - HIIT 45 mins
11:45 AM							Gravity: PILATES	
12:30 PM								Pilates Challenge
1:00 PM							Gravity: PILATES	
1:45 PM								Gravity: PILATES
2:00 - 5:00 PM	Personal Training					Personal Training		
6:00 PM								
6:30 PM	Gravity: PILATES			CrossCore Legs Bums & Tums	Pilates Matwork			
7:00 PM								
	CardioPUNCH Circuit			BURN!- HIIT 45 mins -New				
7:30 PM			Pilates on the circuit	Core-Blast!				
8:00 PM								
8:30 PM								

THUMP! Boxing	Boxing + Callisthenics (Partner work)	ViPRbell Tandem	ViPR & Kettle Bell Weight Workout	CrossCore	Rotational Bodyweight Training to train your legs bums & tums
Pilates - Back Care	A Pilates repertoire to build a stronger back	Pilates on the circuit	Pilates Equipment-based Workout	Core-Blast!	A 45 mins Core-awakening workout
CardioPUNCH Circuit	Circuit-based boxing training	Pilates Matwork	Core challenge with props	Gravity: PILATES	Pilates on The Gravity Training System
Pilates on BOSU	Pilates Core work on BOSU	willPower & grace®	Cardiovascular foot fitness	Spartacus - Indoor Bootcamp	A 45 min Bodyweight HIIT for Stamina and Strength
Flexibility & Mobility	Improve your Posture & Mobility by being Flexible	Ball-tastic	Lively Workout on Fitness Balls	BURN! - HIIT 45 mins	A 45 min HIIT for Losing Inches (Weights & Accessories)

Terms & Conditions

- 1) Momentum reserves the right to change the schedule without prior notice
- 2) Minimum 2 to start a group class
- 3) Advance booking is required
- 4) 24 hours Cancellation Policy Apply