

M O M E N T U M

CLASS SCHEDULE

May-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	Myofascial Release & Stretch	
10:30 AM	Pilates on the circuit background-color: #191970; color: white;">CardioPUNCH Circuit		Gravity: PILATES	Gravity: PILATES	CrossCore Legs Bums & Tums	Circuit Flow (NEW)	CardioPUNCH Circuit	
11:30 AM							BURN! - HIIT 45 mins	
11:45 AM							Gravity: PILATES	
12:30 PM							CrossCore Legs Bums & Tums	
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 Core Strength					
7:00 PM								
7:30 PM	CardioPUNCH Circuit background-color: #008000; color: white;">Myofascial Release & Stretch	BURN! - HIIT 45 mins	Pilates on the circuit	Circuit Flow (NEW)				
8:00 PM								
8:30 PM								

THUMP! Boxing	Boxing + Callisthenics (Partner work)	Myofascial Release & Stretch	An 45 mins empowering stretch class 4 performance	CrossCore (Legs Bums & Tums)	Rotational Bodyweight Training to train your legs bums & tums
Pilates Challenge	A Pilates repertoire to build a stronger core	Pilates on the circuit	Pilates Equipment-based Workout	Circuit Flow (NEW)	A 45 mins circuit to develop strength, cardio endurance & coordination
CardioPUNCH Circuit	Circuit-based boxing training	Pilates Matwork	Pilates 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
		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