

# B!

## B! HEALTH & FITNESS

# HONITON

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<b>YOGA</b> 09:15 - 10:15 CARDIO STRENGTH FLEXIBILITY ★★☆☆☆ ★★☆☆☆ ★★☆☆☆	<b>SHAPE &amp; TONE</b> 09:15 - 10:00 CARDIO STRENGTH FLEXIBILITY ★★☆☆☆ ★★☆☆☆ ★★☆☆☆	<b>STUDIO CYCLE</b> 09:15 - 10:00 CARDIO STRENGTH FLEXIBILITY ★★☆☆☆ ★★☆☆☆ ★☆☆☆☆	<b>YOGA</b> 09:15 - 10:15 CARDIO STRENGTH FLEXIBILITY ★★☆☆☆ ★★☆☆☆ ★★☆☆☆	<b>STUDIO CYCLE</b> 09:15 - 10:00 CARDIO STRENGTH FLEXIBILITY ★★☆☆☆ ★★☆☆☆ ★☆☆☆☆	<b>STUDIO CYCLE</b> 08:15 - 09:00 CARDIO STRENGTH FLEXIBILITY ★★☆☆☆ ★★☆☆☆ ★☆☆☆☆
	<b>CORE-X</b> 10:15 - 10:45 CARDIO STRENGTH FLEXIBILITY ★☆☆☆☆ ★★☆☆☆ ★★☆☆☆	<b>FUNCTIONAL FIT</b> 09:15 - 10:00 CARDIO STRENGTH FLEXIBILITY ★★☆☆☆ ★★☆☆☆ ★★☆☆☆			<b>STUDIO PUMP</b> 09:15 - 10:00 CARDIO STRENGTH FLEXIBILITY ★★☆☆☆ ★★☆☆☆ ★☆☆☆☆
	<b>MOBILIZE</b> 10:45 - 11:15 CARDIO STRENGTH FLEXIBILITY ★☆☆☆☆ ★★☆☆☆ ★★☆☆☆	<b>MOBILIZE</b> 10:15 - 10:45 CARDIO STRENGTH FLEXIBILITY ★☆☆☆☆ ★★☆☆☆ ★★☆☆☆	<b>SHAPE &amp; TONE</b> 10:30 - 11:15 CARDIO STRENGTH FLEXIBILITY ★★☆☆☆ ★★☆☆☆ ★★☆☆☆	<b>CORE-X</b> 10:15 - 10:45 CARDIO STRENGTH FLEXIBILITY ★☆☆☆☆ ★★☆☆☆ ★★☆☆☆	
<b>PILATES</b> 17:45 - 18:45 CARDIO STRENGTH FLEXIBILITY ★★☆☆☆ ★★☆☆☆ ★★☆☆☆	<b>FUNCTIONAL FIT</b> 17:30 - 18:15 CARDIO STRENGTH FLEXIBILITY ★★☆☆☆ ★★☆☆☆ ★★☆☆☆	<b>FUNCTIONAL FIT</b> 17:15 - 18:00 CARDIO STRENGTH FLEXIBILITY ★★☆☆☆ ★★☆☆☆ ★★☆☆☆			
<b>STUDIO CYCLE</b> 18:00 - 18:45 CARDIO STRENGTH FLEXIBILITY ★★☆☆☆ ★★☆☆☆ ★☆☆☆☆	<b>SHAPE &amp; TONE</b> 18:30 - 19:15 CARDIO STRENGTH FLEXIBILITY ★★☆☆☆ ★★☆☆☆ ★★☆☆☆	<b>BARS &amp; BELLS</b> 18:15 - 19:00 CARDIO STRENGTH FLEXIBILITY ★★☆☆☆ ★★☆☆☆ ★★☆☆☆	<b>STUDIO CYCLE</b> 18:00 - 18:45 CARDIO STRENGTH FLEXIBILITY ★★☆☆☆ ★★☆☆☆ ★☆☆☆☆	<b>STUDIO CYCLE</b> 18:00 - 18:45 CARDIO STRENGTH FLEXIBILITY ★★☆☆☆ ★★☆☆☆ ★☆☆☆☆	
<b>SHAPE &amp; TONE</b> 19:00 - 19:45 CARDIO STRENGTH FLEXIBILITY ★★☆☆☆ ★★☆☆☆ ★★☆☆☆	<b>STUDIO CYCLE</b> 19:00 - 19:45 CARDIO STRENGTH FLEXIBILITY ★★☆☆☆ ★★☆☆☆ ★☆☆☆☆		<b>CORE-X</b> 19:00 - 19:30 CARDIO STRENGTH FLEXIBILITY ★☆☆☆☆ ★★☆☆☆ ★★☆☆☆	<b>BARS &amp; BELLS</b> 18:00 - 18:45 CARDIO STRENGTH FLEXIBILITY ★★☆☆☆ ★★☆☆☆ ★★☆☆☆	
			<b>MOBILIZE</b> 19:30 - 20:00 CARDIO STRENGTH FLEXIBILITY ★☆☆☆☆ ★★☆☆☆ ★★☆☆☆		



EASY  
 LIGHT  
 MODERATE  
 HARD  
 INTENSE