




## The Lions' Den Mallow *Studio Timetable*

TIME	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
06:00	Group Cycling <i>with Michelle</i>	Bootcamp <i>with Michelle</i>	Circuits		POWER HOUR <i>with Michelle</i>	
09:30	Legs, Bums & Tums	-	HIIT	-	Legs, Bums & Tums	Bootcamp <i>with Michael</i>
13:15	HIIT	-	Core Conditioning	-	Circuits	-
18:00	Group Cycling <i>with James</i>	Brutal Barbells <i>with Michael</i>	 BOX FIT  <i>with Michelle</i>	Cycling & Core <i>with Michelle</i>	-	-
19:30	Pilates <i>with Teresa</i>	-	-	ZUMBA™  <i>with Teresa</i>	-	-

**022 31 423**

[www.thelionsdengym.com](http://www.thelionsdengym.com)

*This timetable is effective from Monday 12th September 2022 until further notice.*

*Classes are booked by logging in to the FitSense App and booking up to 7 days in advance.*