



STUDIO24 TIMETABLE- 2026

	MON	TUE	WED	THU	FRI	SAT
7AM						
8AM						PILATES
9AM		FOREVERFIT 9.30AM			FOREVERFIT 9.30AM	STRONG FOR WOMEN
10AM	STRONG FOR WOMEN	FOREVERFIT 10.30AM		STRONG FOR WOMEN	FOREVERFIT 10.30AM	
11AM						
12PM						
1PM						
5PM						
5.30PM	STRONG FOR WOMEN	STRONG FOR WOMEN	PILATES	STRONG FOR WOMEN		
6PM						
6.30PM	STRONG FOR WOMEN	STRONG FOR WOMEN		STRONG FOR WOMEN		
7PM			PILATES			
7.30PM	PILATES					