



STUDIO24

TIMETABLE- 2025

	MON	TUE	WED	THU	FRI	SAT
7AM		STRONG FOR WOMEN	PILATES	STRONG FOR WOMEN	RT24POWER	
8AM						PILATES
9AM						KETTLEBELLS
10AM	STRONG FOR WOMEN	FOREVERFIT	CHAIR BASED EXERCISE	RT24POWER	FOREVERFIT	
11AM						
12PM						
5PM						
5.30PM	STRONG FOR WOMEN	STRONG FOR WOMEN				
6PM			PILATES 5.45PM	STRONG FOR WOMEN	RT24 POWER	
6.30PM	STRONG FOR WOMEN	RT24 POWER				
7PM			PILATES			
7.30PM	PILATES					