

**PARK VIEW HEALTH CLUBS**  
**COLINDALE**  
**CLASS TIMETABLE**

TIME	CLASS	INSTRUCTOR	STUDIO
<b>MONDAY</b>			
06.15 - 07.00	FULL BODY	SHAHID	FLOW
09.45 - 10.30	CYCLE	REZA	CYCLE
12.15 - 13.00	HIIT	DIANA	FLOW
18.30 - 19.00	TREAD N SHED	COMING SOON	DRIVE
19.00 - 20.00	SPIN	CHARLIE	CYCLE
19.00 - 20.00	ZUMBA	DIANA	FLOW
20.00 - 20.30	ABS	CHARLIE	FLOW
<b>TUESDAY</b>			
06.15 - 07.00	BOXFIT	SHAHID	FLOW
09.45 - 10.30	FULL BODY	RAMA	FLOW
18.30 - 19.30	ZUMBA	HUMPHREY	FLOW
18.30 - 19.15	TREAD N SHED	SHAHID	DRIVE
19.00 - 20.00	CYCLE	COMING SOON	CYCLE
19.30 - 20.30	YOGA	NATALIE	FLOW
<b>WEDNESDAY</b>			
06.30 - 07.15	CYCLE	DIANA	FLOW
09.30 - 10.15	LOWER BODY	DIANA	FLOW
12.30 - 13.15	TREAD N SHED	SHAHID	DRIVE
18.30 - 19.30	CYCLE	DIANA	CYCLE
18.30 - 19.30	BOXFIT	SHAHID	FLOW
19.30 - 20.30	PILATES	NATALIA	FLOW
<b>THURSDAY</b>			
09.45 - 10.30	FULL BODY	IMRAN	FLOW
18.30 - 19.15	HIIT	IMRAN	FLOW
19.00 - 20.00	ZUMBA	HUMPHREY	FLOW
19.30 - 20.00	TREAD N SHED	IMRAN	DRIVE
19.00 - 20.00	CYCLE	CHARLIE	CYCLE
<b>FRIDAY</b>			
06.30 - 07.15	PILATES	DIANA	FLOW
09.45 - 10.30	CALISTHENICS	REZA	DRIVE
12.30 - 13.15	UPPER BODY	COMING SOON	FLOW
18.30 - 19.15	HIIT	IMRAN	FLOW
19.30 - 20.00	STRETCH	COMING SOON	FLOW
<b>SATURDAY</b>			
09.15 - 10.15	SPIN	REZA	CYCLE
10.00 - 11.00	ZUMBA	HUMPHREY	FLOW
11.15 - 12.15	PILATES	NATALIA	FLOW
<b>SUNDAY</b>			
09.30 - 10.15	SPIN	REZA	CYCLE
09.15 - 10.15	KUNG FU ABS	SHAHID	FLOW
10.15 - 11.15	YOGA	NATALIA	FLOW
11.30 - 12.30	BOXFIT	SHAHID	FLOW

