



zest

GYM CLASS SCHEDULE

MON	AQUA 9.30AM - 10.15AM	SPIN (PAID) 6PM - 6.45PM
TUE		BODY FUSION CIRCUIT 6PM - 6.45PM
WED	AQUA 9.30AM - 10.15AM	SPIN (PAID) 6PM - 6.45PM
THUR		BODY BLAST CIRCUIT 6PM - 6.45PM
FRI	AQUA 9.30AM - 10.15AM	SPIN (PAID) 6PM - 6.45PM

057 863 1219 • ZEST@THEKILLESBIN.COM