

Studio classes Time Table

The MIDI Sliema Wanderers Sports Complex, Tigne Point, Sliema TP 01, Malta.

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	Monday	Tuesday	Wednesday	Thursday	Friday
9.15	HIIT (high intensity interval training) with Cathia	PIYO with Cathia (not every week)	9.00 Circuit with Melania		Core & Stretch with Cathia
12.4 5		FitnessPoint class: Pilates with Melania			
19.0 0	FitnessPoint class: "Boot Camp " With Holly		FitnessPoint class: "Cardio, Core, Combat" With Holly		FitnessPoint class: "Tight and Tone" With Holly

Parking €1.40 for 2 hours at THE POINT parking spaces