

X-SPACE STUDIO CLASSES

- Classes may be purchased through class packs:
 - 5 classes
 - 10 classes
- Classes may also be purchased individually.
- Packs valid for 8 weeks from the date of purchase.
- Unlimited access to all X-Space Studio classes are available as part of the Full BeZu Membership.

MON	TUE	WED	THUR	FRI	SAT
		07:00 - 08:00 BeZu SAQ & Core	07:30 - 08:30 BeZu Plyo		
09:00 - 10:00 BeZu LIFT	09:00 - 10:00 Bungee Super Fly®	09:30 - 10:30 BeZu DEFINE	10:00 - 11:00 Zumba®	11:00 - 12:00 Bungee Super Fly®	
10:00 - 11:00 BeZu LIFT	10:30 - 11:30 Strong Nation™	10:45 - 11:30 BeZu HIIT		12:30 - 13:00 X-BOX	
11:15 - 12:00 BeZu HIIT		12:00 - 13:00 BeZu TRX			
12:15 - 13:15 BeZu DEFINE					
		17:15 - 18:00 BeZu X-BOX			
18:30 - 19:30 Zumba®	18:30 - 19:30 Dance Fit				

BEZU FITNESS STUDIOS

1 & 2 Georges House, 69 High St, Esher KT10 9RQ

@BeZu_Fitness