

GROUP CLASSES TIMETABLE

MON	TUES	WED	THUR	FRI	SAT
	BOXING 5:45AM - 6:15AM	CIRCUIT 5:45AM - 6:15AM	THERABAND 5:45AM - 6:15AM	CHALLENGE 6:00AM - 6:30AM	
	CORE STRENGTH 6:15AM - 6:45AM	BOOTY BURNER 6:15AM - 6:45AM	HIIT 6:15AM - 6:45AM		
					BOOTY BURNER 8:30AM - 9:00AM
LOWER BACK PAIN 3:00PM - 3:30PM				FUNCTIONAL 9:00AM - 9:30AM	BODY STRENGTH 9:00AM - 9:30AM
		BALANCE 4:00PM - 4:30PM			BOXING 9:30AM - 10:00AM
	CHALLENGE 5:30PM - 6:00PM				RELEASE 10:00AM - 10:30AM
CORE STRENGTH 6:00PM - 6:30PM	THERABAND 6:00PM - 6:30PM	CIRCUIT 6:00PM - 6:30PM	BOXING 6:00PM - 6:30PM		
BOXING 6:30PM - 7:00PM	HIIT 6:30PM - 7:00PM				
RELEASE 7:00PM - 7:30PM		RELEASE 7:00PM - 7:30PM			