

# GROUP CLASSES TIMETABLE

**MON**

**TUES**

**WED**

**THUR**

**FRI**

**SAT**

	<b>BOXING</b> 5:45AM - 6:15AM	<b>CIRCUIT</b> 5:45AM - 6:15AM	<b>THERABAND</b> 5:45AM - 6:15AM	<b>CHALLENGE</b> 6:00AM - 6:30AM	
	<b>CORE STRENGTH</b> 6:15AM - 6:45AM	<b>BOOTY BURNER</b> 6:15AM - 6:45AM	<b>HIIT</b> 6:15AM - 6:45AM		
					<b>BOOTY BURNER</b> 8:30AM - 9:00AM
<b>LOWER BACK PAIN</b> 3:00PM - 3:30PM				<b>FUNCTIONAL</b> 9:00AM - 9:30AM	<b>BODY STRENGTH</b> 9:05AM - 9:35AM
		<b>BALANCE</b> 4:00PM - 4:30PM			<b>BOXING</b> 9:40AM - 10:10AM
	<b>CHALLENGE</b> 5:25PM - 5:55PM				<b>RELEASE</b> 10:15AM - 10:45AM
<b>CORE STRENGTH</b> 5:55PM - 6:25PM	<b>THERABAND</b> 6:00PM - 6:30PM	<b>CIRCUIT</b> 6:00PM - 6:30PM	<b>BOXING</b> 6:00PM - 6:30PM		
<b>BOXING</b> 6:30PM - 7:00PM	<b>HIIT</b> 6:35PM - 7:05PM				
<b>RELEASE</b> 7:05PM - 7:35PM		<b>RELEASE</b> 7:00PM - 7:30PM			

5 MINUTE BUFFER

5 MINUTE BUFFER

RED LINING INDICATES 5 MINUTE BUFFER BETWEEN CLASSES ON MONDAY NIGHT, TUESDAY NIGHT & SATURDAY MORNING.