

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 2:00PM - 2:30PM				FUNCTIONAL 9:00AM - 9:30AM	BODY STRENGTH 9:05AM - 9:35AM
		BALANCE 4:00PM - 4:30PM			BOXING 9:40AM - 10:10AM
	CHALLENGE 5:25PM - 5:55PM	OVER 50'S CIRCUIT 5:00PM - 5:30PM			RELEASE 10:15AM - 10:45AM
CORE STRENGTH 5:55PM - 6:25PM	THERABAND 6:00PM - 6:30PM	CIRCUIT 6:00PM - 6:30PM	BOXING 6:00PM - 6:30PM		
BOXING 6:30PM - 7:00PM	HIIT 6:35PM - 7:05PM				
RELEASE 7:05PM - 7:35PM		RELEASE 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.