

GROUP CLASSES TIMETABLE

MON

TUES

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SAT

	BOXING OUTDOOR 5:45AM - 6:15AM	CIRCUIT 5:45AM - 6:15AM	THERABAND 5:45AM - 6:15AM	CIRCUIT OUTDOOR 5:45AM - 6:15AM	
	CORE OUTDOOR 6:15AM - 6:45AM	BOOTY BURNER 6:15AM - 6:45AM	HIIT 6:15AM - 6:45AM	RELEASE OUTDOOR 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
		OVER 50'S CIRCUIT 4:30PM - 5:00PM			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 6:35PM - 7:05PM			
RELEASE 7:05PM - 7:35PM					

5 MINUTE BUFFER

5 MINUTE BUFFER

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