

GROUP CLASS TIMETABLE

	MON	TUES	WED	THUR	FRI	SAT
5:30AM - 6:15AM	FUNCITONAL				HIIT	BURN 8:30AM
6:20AM - 7:05AM	HIIT				FUNCTIONAL	YOGA 9:30AM
9:00AM - 9:45AM	BURN		HIIT		FUNCTIONAL	
6:15PM - 7:00PM	HIIT	FUNCITONAL	BURN	YOGA		
7:05PM - 7:35PM	YOGA	RELEASE	RELEASE			