

GROUP CLASS TIMETABLE

	MON	TUES	WED	THUR	FRI	SAT
5:30AM - 6:15AM	HIIT				FUNCTIONAL	BURN 8:30AM - 9:15AM
6:20AM - 7:05AM	HIIT				FUNCTIONAL	BOXING 9:20AM - 9:50AM
7:30AM - 8:15AM	CIRCUIT	FUNCTIONAL	BURN	HIIT	FUNCTIONAL	YOGA 10:00AM - 11:00AM
9:00AM - 9:45AM	CIRCUIT	STEP & TONE	CIRCUIT	HIIT	STEP & TONE	
6:15PM - 7:00PM	HIIT	SWEAT & STRETCH 6:15PM - 7:15PM		BOXING		
7:05PM - 8:05PM	YOGA		STEP / TONE & STRETCH			