



CLASS TIMETABLE

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
9:30AM-9:50AM AEROBIC STUDIO	STRETCH	9:30-9:50AM STUDIO STRETCH	9:30-9:50AM STUDIO STRETCH	9:30AM-9:50AM AEROBIC STUDIO STRETCH	9:30AM-9:50AM STUDIO STRETCH	11:00-11:30AM STUDIO KETTLECOSE
12:00am-12:30am STUDIO	H.I.I.T	10:30-11:5AM STUDIO BOOTY CAMP	10:45AM-11:5AM STUDIO SPEED SPIN	10:30AM-11:00AM STUDIO FATBURN	10:30AM-11:00AM STUDIO H.I.I.T	12:00PM-12:20PM STUDIO QUICK ABS
6:30pm-7:30pm S STUDIO	SPIN	6:30-7:00PM STUDIO SPEED SPIN	6:30pm-7:15pm STUDIO BOX FIT	6:30pm-7:15pm STUDIO BOOTY CAMP	6:30PM-7:00PM STUDIO KETTLECOSE	
8am-8:30pm STUDIO	STEP-FIT	8:00PM-8:45PM STUDIO BOOTY CAMP	7:30PM-8:00PM STUDIO NRG CORE	8:00PM-8:30PM STUDIO SPEED SPIN	7:30PM-7:50PM STUDIO QUICK ABS	

Please note: All classes are at a reduced capacity to abide by government guidelines. We would kindly like to ask all members to not share any of their weights and to please keep government social distancing space between other participants.

To participate in our classes please pre-book your class in advance, members who have not booked their class will not be able to participate.