

	9am	10am
MON	9.30-10am HIIT	
TUE	9.30-10.15am Yoga/Pilates	
WED	9.30-10.30am Circuit	
THU	9.30-10.30am Kettlebells	
FRI		
SAT	9.30-10am HIIT	
SUN		

12pm
12-1pm Boot Camp
12-1pm Boot Camp
12-1pm Boot Camp
12-1pm Boot Camp
12-1pm Boot Camp

5pm	6pm	7pm
	5.30-6.15pm Bodypump	6.15-7pm Spinning
	5.15-6pm HIIT	
	5.30-6pm Kettlebells	6-7pm Run Club
	5.30-6.30pm Circuit	7-7.30pm Abz Class