

GROUP CLASS TIMETABLE- Bookings required for all sessions.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
HIIT 6:00am- 6:30am STUDIO		BARBELLS 6:00am- 6:30am STUDIO				
	HYBRID 6:40am- 7:10am STUDIO	CORE & CARDIO 7:00am- 7:30am ZOOM	STRENGTH CIRCUIT- UPPER 6:40am- 7:10am STUDIO	STRENGTH CIRCUIT- LOWER 6:40am- 7:10am STUDIO		
		STRENGTH CIRCUIT 7:20am- 7:50am STUDIO		HYBRID 7:20am- 7:50am ZOOM		
	TOTAL BODY 9:00am- 9:30am ZOOM		STRENGTH CIRCUIT 9:00am- 9:30am ZOOM		HIIT 9:20am- 9:50am STUDIO	HYBRID 9:00am- 9:30am STUDIO
STRENGTH CIRCUIT 9:30am- 10:00am STUDIO	TOTAL BODY 9:30am- 10:00am STUDIO	STRETCH & MOBILITY 9:30am- 10:00am STUDIO	UPPER BODY BLAST 9:30am- 10:00am STUDIO	CORE & CARDIO 9:30am- 10:00am STUDIO	TOTAL BODY 10:40am- 11:20am STUDIO	STRENGTH CIRCUIT 10:20am- 10:50am STUDIO
TOTAL BODY 4:40pm- 5:10pm STUDIO						
HIIT 6:00pm- 6:30pm STUDIO	CARDIO, BUTTS & THIGHS 6:00pm- 6:30pm STUDIO		HYBRID 6:00pm- 6:30pm STUDIO			
	HIIT 6:40pm- 7:10pm ZOOM	TOTAL BODY 6:40pm- 7:10pm STUDIO				

