

Class Timetable

M	T	W	T	F	S	S
06:30-07:15 BOOTCAMP	06:15-07:00 HYROX	06:15 - 07:00 STUDIO CYCLING	06:30-07:15 HIIT	06:15 - 07:00 STUDIO CYCLING	09:00-09:45 HYROX	09:00-09:45 METAFIT
	12:30-13:30 PILATES	09:30-10:30 PILATES	09:45-10:45 YOGA		10:00-10:45 BOXFIT	
	13:30-14:30 GLUTE BLAST	10:45-11:30 YOGA				
18:15-19:15 DANCE FIT	18:15 - 19:00 STUDIO CYCLING		18:30-19:15 BOXFIT			
18:30-19:15 HIIT	18:30-19:15 FUNCTIONAL	18:30-19:15 STRENGTH	18:30-19:30 DANCE FIT			
19:15-20:15 PILATES	19:30-20:30 YOGA	18:30-19:30 YOGA	19:30-20:30 PILATES	18:30-19:15 STRENGTH		