

GYM CLASS SCHEDULE



MON	TUE	WED	THU	FRI	SAT	SUN
6.30 - 7.15 STRENGTH	-	-	6.30 - 7.15 HIIT	6.15 - 7.00 BOOTCAMP	9.00 - 9.45 PWRX	-
10.00 - 10.45 FULL BODY BLAST	-	9.30 - 10.30 PILATES	9.45 - 10.45 YOGA	-	10.00 - 10.45 BOXFIT	-
-	-	10.30 - 11.15 YOGA	12.00 - 12.45 FUNCTIONAL 55	-	-	-
18.30 - 19.15 DANCE FIT	18.15 - 19.00 BODY BLITZ	-	18.30 - 19.15 BOXFIT	-	-	-
18.30 - 19.15 HIIT	18.30 - 19.15 FUNCTIONAL	18.30 - 19.15 STRENGTH	18.30 - 19.15 DANCE FIT	-	-	-
19.30 - 20.15 PILATES	19.30 - 20.30 YOGA	18.30 - 19.30 YOGA	19.30 - 20.15 PILATES	18.30 - 19.15 STRENGTH	-	-