

CLASS TIMETABLE

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Morning	P90X Virtual 35min 08:30	CORE DE FORCE Virtual 35min 08:30	INSANITY Virtual 29min 08:30	CIZE Virtual 45min 08:30	TURBO KICK Virtual 34min 08:30	P90X Virtual 63min 08:30	TURBO KICK Virtual 34min 08:30
	INSANITY Virtual 35min 09:30	P90X Virtual 63min 09:30	PIYO Virtual 67min 09:30	P90X Virtual 63min 09:30	INSANITY Virtual 53min 09:30	PUMP Strength 55min 10:00	GRAVITY YOGA Mobility 55min 10:00
Lunch					FUNRUN Fitness 60min 12:00		SALSA BOX Fitness 55min 11:00
	HIT Fitness 55min 13:00	PUMP Strength 55min 13:00	HIT Fitness 55min 13:00	PUMP Strength 55min 13:00	HIT Fitness 55min 13:00	HIT Fitness 51min 13:00	INSANITY Virtual 53min 11:45
Evening						INSANITY Virtual 53min 13:00	PIYO Virtual 67min 13:00
	PIYO Virtual 67min 16:50	P90X Virtual 63min 16:50	INSANITY Virtual 53min 17:00	PIYO Virtual 67min 16:50	INSANITY Virtual 53min 17:00		
	BOX FIT Fitness 55min 18:00	PILATES Mobility 55min 18:00	BOX FIT Fitness 55min 18:00	PILATES Mobility 53min 18:00	SALSA BOX Fitness 55min 18:00		
	PUMP Strength 55min 19:00	HIT Fitness 55min 18:00	PUMP Strength 55min 19:00	HIT Fitness 55min 19:00	GRAVITY YOGA Mobility 55min 18:00		

COLOUR KEY:

Strength

Mobility

Fitness

Virtual