

WEEKLY CLASS TIMETABLE

MONDAY

FUNCTIONAL: 6AM & 5:30PM
MUMS & BUBS: 9:15AM
SENIORS WEIGHTS: 6:30AM

TUESDAY

BOXING: 6:30AM
SENIOR STRENGTH: 10AM
BODY SHAPE: 6PM

WEDNESDAY

STRENGTH & CONDITIONING: 6:30AM HIIT: 5:30PM
MUMS & BUBS: 9:15AM BOXING: 6PM

THURSDAY

FUNCTIONAL: 6AM FUNCTIONAL: 5:30PM
PUMP & TONE: 9AM BODY SHAPE: 6PM
SENIOR STRENGTH: 10AM

FRIDAY

SENIORS WEIGHTS: 6:30AM
MUMS & BUBS: 9:15AM

SATURDAY

FUNCTIONAL: 7:30AM

