

CLASS TIMETABLE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:30 - 7:15 SPIN JUSTYNA	6:30 - 7:15 LIFT & MOVE NICK	6:30 - 7:15 TRX JODIE	6:30 - 7:15 FUNCTIONAL FITNESS	6:30 SPIN HANNAH		
9:30 - 10:15 SPIN RHIANNON	09:30 - 10:15 GYM FIT TALANA	9:30 - 10:15 BOXERCISE JUSTYNA	09:15 - 10:00 HIIT TALANA	9:30 - 10:15 BOXERCISE JUSTYNA	10:30 - 11:00 SPIN JUSTYNA	09:30 - 10:15 CIRCUITS TALANA
11:00 - 11:45 HIIT RHIANNON	10:30 - 11:15 CIRCUITS TALANA	11:00 - 11:45 TRX JODIE	10:00 - 10:45 GYM FIT TALANA	10:30 - 11:15 GYM FIT JUSTYNA	11:05 - 11:35 CIRCUITS JUSTYNA	
14:00 - 14:45 BOXERCISE JUSTYNA	14:00- 14:45 BOOTCAMP NICK	14:00 - 14:45 SPIN JUSTYNA		14:00 - 14:45 KETTLEBELLS JOE		
	18:00 - 18:40 BOXERCISE RHIANNON		14:00 - 14:45 BOOTCAMP NICK			
18:00 - 18:45 LIFT & MOVE NICK	18:40 - 19:00 CORE HIIT RHIANNON	18:00 - 19:00 SPIN & CIRCUITS PAUL				
19:00 - 19:45 MOBILITY & CORE JOE	19:00 - 19:30 SPIN RHIANNON	19:00 - 19:45 FUNCTIONAL FITNESS JOE	18:30 - 19:15 SPIN JODIE			