



CLASS TIMETABLE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:30 SPIN JUSTYNA	6:30 LIFT & MOVE NICK	6:30 CIRCUITS DONNA		6:30 SPIN HANNAH	8:45 SPIN JUSTYNA	
9:30 SPIN RHIANNON	9:30 GYM FIT TALANA	9:30 BOXERCISE JUSTYNA	9:15 HIIT TALANA	9:30 BOXERCISE JUSTYNA	9:30 CIRCUITS JUSTYNA	9:30 CIRCUITS TALANA
10:30 HIIT RHIANNON	10:30 CIRCUITS TALANA	11:00 TRX JODIE	10:00 GYM FIT TALANA	10:30 GYM FIT JUSTYNA		
		12:00 PUMP JUSTYNA				
	14:00 BOOTCAMP NICK	14:00 SPIN JUSTYNA		14:00 KETTLEBELLS JOE		
	18:00 BOXERCISE DONNA		14:00 BOOTCAMP NICK			
18:00 LIFT & MOVE NICK	18:45 CORE HIIT DONNA	18:00 CIRCUITS PAUL				
19:00 MOBILITY & CORE JOE		19:00 FUNCTIONAL FITNESS JOE	18:30 SPIN JODIE			

Timetable subject to change