

## GROUP TRAINING TIMETABLE

TIME	MON	TUE	WED	THU	FRI		SAT	SUN
5:30AM	STRENGTHFIT	HIIT	STRENGTHFIT	HIIT	STRENGTHFIT	7:00AM	BOXING	
6:15AM	BOXING/S&C	HIIT/PILATES	STRENGTHFIT/PILATES	HIIT/PILATES	BOXING/S&C	8:00AM	STRENGTHFIT	
6:45AM		S&C	S&C	S&C	HIIT	9:00AM	S&C/PILATES	HIIT
9:15AM	HIIT/S&C	STRENGTHFIT	S&C	BOXING	STRENGTHFIT/S&C	9:45AM	S&C	
12:00PM	PILATES	HIIT	STRENGTHFIT	HIIT	PILATES	10:00AM	HIIT	
5:45PM	BOXING	PILATES	BOXING	HIIT				
6:00PM	S&C		S&C					
6:30PM	HIIT	BOXING	HIIT	BOXING				
7:00PM		S&C		S&C				

**ALL CLASSES RUN FOR 30 MINUTES  
BOOKING IS ESSENTIAL**