



GROUP FITNESS TIMETABLE

TIMES	MON	TUES	WED	THURS	FRI	SAT
5:15AM	POWER BAR	A.B.T	HIIT CIRCUIT	BOOTCAMP	HIIT STRENGTH	
7:00AM						BOOTCAMP
7:45AM				H.F.L (STRENGTH)		
8:00AM	AQUA	H.F.L (FUNCTIONAL)	AQUA		AQUA	
8:15AM						PILATES
9:15AM	HIIT CIRCUIT		POWER BAR	STRETCH & MOBILITY	HIIT CIRCUIT	ZUMBA
10:00AM		PILATES				
5:15PM			SPIN CIRCUIT			
6:00PM	ZUMBA	YOGA				
	CONQUER					
6:15PM		HIIT HARDER	AQUA	HIIT STRENGTH		

FREE CLASS

30 mins

45 mins

60 mins