

FITNESS CLASS TIMETABLE



MONDAY

6-6.45AM
CIRCUITS

9.30-10.30AM
POWER HOUR

5.30-6.15PM
CIRCUITS:STRENGTH

6.15-7PM
CIRCUITS:STRENGTH

7-7.30PM
TABATA

TUESDAY

6-7AM
HYROX

9.30-10.30AM
CIRCUITS:STRENGTH

12.15-1PM
KICKSTART

5.30-6.30PM
CIRCUITS:
CARDIO & ABS

6.45-7.45PM
HYROX

WEDNESDAY

7-7.30AM
TABATA

9.30-10.15AM
CIRCUITS:
CARDIO & ABS

5.30-6PM
KETTLEBELLS &
BODY WEIGHT BLAST

6-6.45PM
CIRCUITS:STRENGTH

8-9PM
YOGA

THURSDAY

6-7AM
POWER HOUR

9.30-10.30AM
CIRCUITS:STRENGTH

5.30-6.30PM
CIRCUITS:
CARDIO & ABS

6.45-7.45PM
HYROX

FRIDAY

6-6.45AM
CIRCUITS:STRENGTH

9.30-10.30AM
POWER HOUR

12.15-1PM
KICKSTART

5.30-6PM
TABATA

6-6.30PM
KETTLEBELLS &
BODY WEIGHT BLAST

SATURDAY

8.30-9.30AM
CIRCUITS

10.30-11.30AM
KIDS FIT CLUB

SUNDAY

9-10AM
YOGA

10.30-11.30AM
HYROX

GYM OPENING HOURS

MONDAY	6AM - 9PM
TUESDAY	6AM - 9PM
WEDNESDAY	6AM - 8PM
THURSDAY	6AM - 9PM
FRIDAY	6AM - 9PM
SATURDAY	8AM - 3PM
SUNDAY	10.30AM - 3PM



SCAN ME TO BOOK