



CLASS TIMETABLE

Monday

CLASS	TIME
Body Attack	09:45 – 10:30
BTT	10:35 – 11:20
HIT Boxing	11:25 – 11:55
Dance Fusion	12:00 – 12:45
Adult Swim Lesson	12:45 – 13:30
Adult Swim Lesson	13:30 – 14:15
Group Cycle	18:00 – 18:45
HIT Blast	18:55-19:40
Stretch & Tone	19:50-20:35

Tuesday

CLASS	TIME
Aqua	09:00 – 09:45
Body Pump	09:30 – 10:15
Aqua	10:00 – 10:45
Core Conditioning	10:20 – 11:05
Pilates	12:00 – 12:45
Paracise	13:00 – 13:45
Spin	17:40 – 18:25
Body Pump	18:30 – 19:15
Core Conditioning	19:20 – 20:05

Wednesday

CLASS	TIME
HIT	06:30 - 07:15
Body Attack	09:45 – 10:30
Body Pump	10:35 – 11:20
Express Yoga	17:15 – 18:00
Pilates	18:15 – 19:00
Body Combat	19:10 – 20:00
Body Balance	20:05 – 20:50

Thursday

CLASS	TIME
Body Combat	09:30 – 10:15
BTT	10:20 – 11:05
Aqua	11:00 – 11:45
Beginners Spin	12:00 – 12:45
Pilates	13:00 – 13:45
Pilates	17:00 – 17:45
Spin	18:00 – 18:45
Core Conditioning	18:50 – 19:35
Body Attack	19:40 – 20:25

Friday

CLASS	TIME
BTT	09:45 – 10:30
Pilates	11: 00 – 11:45
Bare Fusion	13:15 – 14:00

Saturday

CLASS	TIME
Yoga Fusion	08:00 – 08:45
Pilates	08:55 – 09:40
Pilates	09:50 – 10:35
Body Attack	10:45 – 11:30

Sunday

CLASS	TIME
Body Combat	09:25 – 10:20
Body Pump	10:25 – 11:20
Body Balance	11:30 – 12:15