

LIVE timetable

All classes will be 30min apart from Pilates which will be 60min.

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
8.30am	Hiit Strength	Hiit Mix	Cycle	Hiit Mix	Fit Function	Hiit Mix
10.30am	Fit Function	Cycle	Fit Function	Hiit Strength	Pilates	Pilates
12.30am	Fit Recover	Total Core	Fit Recover	Total Care	Hiit Mix	Fit Function
17.00pm	Hiit Mix	Hiit Strength	Hiit Strength	Fit Function		
18.30pm	Cycle	Fit Function	Hiit Mix	Cycle		