



Classes

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
06:30	Metcon (30Mins)	HIIT (30mins)	Metcon (30Mins)	HIIT (30mins)	Metcon (30Mins)		
07:15	Muscle Mix (45 mins)	Endurance (45mins)	Muscle Mix (45 mins)	Strength (45mins)	HIIT (30mins)		
08:00						Muscle Mix & Core (60 mins)	
09:15						Muscle Mix & Core (60 mins)	
09:30	Endurance (60mins)		Strength (60mins)		Muscle Mix (60 mins)		
10:00							Muscle Mix & Core (60 mins)
10:30		Over 60s (60 Mins)		Over 60s (60 Mins)			
11:00						Power Moves (45 mins)	
12:30		Metcon (30Mins)		Metcon (30Mins)			
14:00	Mind-muscle (60mins)		HIIT & Core (60mins)		Muscle Mix & Core (60 mins)		
17:30	HIIT (30mins)	Muscle Mix (45 mins)	Endurance (45mins)	Mind-muscle (45mins)	Strength (45mins)		
18:30	Strength (60mins)	Endurance (45mins)	Strength (45mins)	HIIT (30mins)	Endurance (45mins)		
19:15				Muscle Mix (45 mins)			
19:30		HIIT (30mins)	Mind-muscle (45mins)		HIIT (30mins)		