



Classes

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
06:15	Metcon Mash (45Mins)	Surprise (45mins)	Metcon (45Mins)	HIIT (45mins)	Heart Raiser (45Mins)		
07:15	Muscle Mix (45 mins)	Endurance (45mins)	Muscle Mix (45 mins)	Strength (45mins)	HIIT (30mins)		
08:00						Muscle Mix & Core (60 mins)	
08:30							Hyrox (75mins)
09:15						ATHX (60 Mins)	
09:30	Endurance (60mins)		Strength (60mins)		Mind Muscle (60 mins)		
10:00							Muscle Mix & Core (60 mins)
10:30		Over 60s (60 Mins)		Over 60s (60 Mins)	Over 60s (60 Mins)		
11:00						Power Moves (60 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)	HIIT (30mins)	Strength (60mins)		
18:30	Strength (60mins)	Workout of the Week (60mins)	Strength (60mins)	Olympic Weight Lifting (60 mins)	Endurance (45mins)		
19:30		HIIT (30mins)	ATHX (60 Mins)	Hyrox (60 mins)	HIIT (30mins)		