



# TIMETABLE

Jan – March 2017



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
6AM	Boxing	Strength	HIT	Core	Weights Circuit	
8AM						Over 50 and Proud
9.15AM	Boxing *	Strength *	Boxing *	Tabata *	HIT *	Army *
10.15AM	Weights Circuit *	Army *	HIT *	Strength *	Recovery*	Pre/Post Natal *
11.15AM	Pre/Post Natal*	Pre/Post Natal*	Pre/Post Natal*	Pre/Post Natal*	Pre/Post Natal*	
4PM	Toddler Fitness	Kids Fitness		Core *		
5.15PM	Strength	Tabata	Boxing	Weights Circuit	Pre/Post Natal	
6PM	HIT	Pre/Post Natal	Core	Tabata		

\* Crèche Available



# TIMETABLE

Jan – March 2017



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
6AM	Boxing	Strength	HIT	Core	Weights Circuit	
8AM						Over 50 and Proud
9.15AM	Boxing *	Strength *	Boxing *	Tabata *	HIT *	Army *
10.15AM	Weights Circuit *	Army *	HIT *	Strength *	Recovery*	Pre/Post Natal *
11.15AM	Pre/Post Natal*	Pre/Post Natal*	Pre/Post Natal*	Pre/Post Natal*	Pre/Post Natal*	
4PM	Toddler Fitness	Kids Fitness		Core *		
5.15PM	Strength	Tabata	Boxing	Weights Circuit	Pre/Post Natal	
6PM	HIT	Pre/Post Natal	Core	Tabata		

\*Crèche Available