

FITNESS CLASS TIMETABLE



MON	TUE	WED	THU	FRI	SAT
6:15-7:00AM STRENGTH	6:15-7:00AM MEG'S CIRCUITS (PRIVATE CLASS)	6:15-7:00AM SPIN 45	6:15-7:00AM MEG'S CIRCUITS (PRIVATE CLASS)	6:15-7:00AM EMOM	07:30-8:15AM MEG'S CIRCUITS (PRIVATE CLASS)
9:30-10:15AM STEP UP	8:30-9:15AM PUMP FITNESS	9:30-10:15AM FIT FOR LIFE	9:00-9:30AM SPIN 30	9:30-10:15AM CORE STRENGTH	8:30-9:15AM SPIN 45
6:00-6:45PM SPIN 45	9:30-10:15AM STRENGTH & CONDITIONING	6:00-7:00PM LADIES THAT LIFT	9:30-10:15AM BOXERCISE	6:00-6.45PM EMOM	9:30-10:00AM TABATA
7:00-8:00PM CIRCUITS	6:15-7:00PM HYBRID TRAININGc		6:00-6:45PM FUNCTIONAL TRAINING		
	7:15-8:00PM STRENGTH SCULPT & FLOW		6:30-7:00PM RIG CIRCUITS		
			7:00-8:00PM CIRCUITS		

BOOK NOW