BURN FITNESS CLASS TIMETABLE

BURN FITNESS

MON	TUE	WED	THU	FRI	SAT
6:15-7:00AM STRENGTH	8:30-9:15AM PUMP FITNESS	6:15-7:00AM SPIN 45	9:00-9:30AM SPIN 30	6:15-7:00AM EMOM	8:30-9:15AM SPIN 45
9:30-10:15AM STEP UP	9:30-10:15AM STRENGTH & CONDITIONING	9:30-10:15AM FIT FOR LIFE	9:30-10:15AM BOXERCISE	9:30-10:15AM CORE STRENGTH	9:30-10:15AM STRENGTH & CONDITIONING
6:00-6:45PM SPIN 45	6:00-6:45PM SPIN 45	6:00-7:00PM LADIES THAT LIFT	6:00-6:45PM FUNCTIONAL TRAINING	6:00-7:00PM TEAM GAMES	
7:00-8:00PM CIRCUITS			7:00-8:00PM CIRCUITS		

BOOK NOW