

CLASS *TIMETABLE*

Classes are included in memberships unless stated otherwise in the timetable below

\$10 FOR VISITORS

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Bootcamp 6.30am		Powerbar 6.30am	Box - Hitt - Stretch 7.30am	HITT 6.30am
Strength Combo 7.30am	Powerbar 8.30am	Yoga Stretch 7.45am	Strength & Balance 8.45am	Circuit 7.45am
Strength & Balance 8.45am	Strength Cardio Combo 9.30am	TBT 9.30am	Dance fit for Kids 3.30pm	Stretch 8.30am
Living Longer Living Stronger 10am		Boxercise 4pm	Strength Cardio Combo 4.30pm	Step Combo 9.30am
HIIT 4.45pm	Body Blast 5.30pm			