

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
5AM	GENSTRENGTH *** MICHAEL	BOXFIT *** TAMARA	GENFUSION *** MICHAEL	GENH.I.I.T *** TAMARA	GENSTRENGTH *** MICHAEL	
6.00AM	GENSTRENGTH ** MICHAEL	FREESTYLE ** KYLIE	GENFUSION ** MICHAEL		GENSTRENGTH ** MICHAEL	6.30AM BOOTCAMP MICHAEL
9.10AM	ABS **** TAMARA	GENFUSION *** MICHAEL	H.I.I.T *** KIMMY	ABT SCORCHER *** KIMMY	GENSTRENGTH *** MICHAEL	7:35AM PILATES KT
9.30AM	BOXFIT *** TAMARA					
4PM		KIDSFIT 4-7 * MICHAEL		YOUTHFIT 8+ * KYLIE		
5PM	H.I.I.T * ARIEL	FREESTYLE ** KYLIE		FREESTYLE ** KYLIE	H.I.I.T * ARIEL	
5.30PM			GENSTRENGTH *** ARIEL			
6:00PM	BOXFIT *** TAMARA	BOOTCAMP *** MICHAEL		ABT SCORCHER *** KIMMY	BOXFIT *** TAMARA	
6.30PM			Pilates *** KIMMY			

CLASS DURATION SYMBOL (*) 30 MINUTES (**) 45 MINUTES (***) 1 HOUR (****) 20 MINUTES

KIDSFIT AGES 4-7 YOUTHFIT AGES 8+

CLASS TIMETABLE EFFECTIVE AUGUST 2019

