

	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	WARRIOR *** KT	GENSTRENGTH *** MICHAEL	6.30AM BOOTCAMP MICHAEL
9.10AM	ABS * TAMARA	GENFUSION **** MICHAEL	H.I.I.T **** KIMMY	ABT SCORCHER **** KIMMY	GENSTRENGTH **** MICHAEL	7:40AM PILATES KT
9.30AM	BOXFIT **** TAMARA					
4PM		KIDSFIT 4-7 ** TAMARA		YOUTHFIT 8+ ** KT		
5PM	H.I.I.T ** ARIEL	FREESTYLE *** KYLIE	GENSTRENGTH **** ARIEL	FREESTYLE *** KYLIE	H.I.I.T ** ARIEL	
6:00PM	BOXFIT **** TAMARA	BOOTCAMP **** MICHAEL	BOXING **** KT	ABT SCORCHER **** KIMMY	GENFUSION **** TAMARA	
7:15PM			Pilates **** KT			

CLASS DURATION SYMBOL (*) 20 MINUTES () 30 MINUTES (***) 45 MINUTES (****) 1 HOUR**
KIDSFIT AGES 4-7 YOUTHFIT AGES 8+
CLASS TIMETABLE EFFECTIVE JANUARY 2020

