

FIRST CLASS IS FREE!!! Come have a go today- call Dave on 0421-225-790 to book in for your next class.

BHIVE 2020 CLASS TIMETABLE							
TIMES:	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6am	Circuit/HiiT			Bootcamp	Weights Circuit		
9:30am	Circuit <i>(Kids Welcome)</i>	MumFit <i>(Kids Welcome)</i> 8 Spots only	MumFit/Boxing <i>(Kids Welcome)</i> 8 Spots Only	Circuit/Abs <i>(Kids welcome)</i>	MumFit <i>(Kids Welcome)</i> 8 Spots Only	X-Training <i>(Adults Only)</i>	X-Training
10:30am	Boxing/Circuit <i>(Kids Welcome)</i>	Circuit *10:15* <i>(Kids Welcome)</i>	BoxFit <i>(Kids Welcome)</i>	BoxFit <i>(Kids Welcome)</i>	Strength Circuit *10:15* <i>(Kids Welcome)</i>	Circuit/Xtraining <i>(Kids Welcome)</i>	
5pm	KidsFit - Green		KidsFit - Gold *4pm*	Kids Boxing *4:45pm*			
6pm	X-Training	X-Training *6:15pm*	BoxFit *6:15pm*	Circuit	Bootcamp *5:45pm*		
6:45pm	BoxFit			X-Training *7:45pm*			

***All Classes are included in Gold, Gold + and Classes Only memberships, T&C's Apply, MumFit Classes are open to 8 participants only and must be accompanied by a child/children*

No minimum term contracts- Month to month membership / No Joining Fees

Classes accessible to members only no casual visits / 1 Free Visit Trial Must Be Booked In Prior To Attending Session

2020 Class Timetable Commences 2nd of January 2020



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