

FIT AS CLASS TIMETABLE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:00am Fitness		6:00am Strength & Conditioning		6:00am SDS Strength & Conditioning		
					8:45am Full body	
9:00am Fitness 9:00am Morning Hatha Yoga	9:00am Strength & Conditioning	9:00am Full body Strength	9:00am Strength & Conditioning	9:00am Full body Strength 9:00am Pilates		9:00am Sunday Mash-up
					9:15am Hot Pilates 🔥	
10:00am Empower Hour		10:00am Empower Hour	10:00am Ladies Weights	10:00am Empower Hour		
						10:30am Kids 7-11 11:15am Kids 12+
	12:00pm Hatha Yoga		12:00pm Vinyasa Yoga			
12:30pm Fitness		12:30pm Full body Strength 12:30pm Pilates		12:30pm Full body Strength 12:30pm Pilates		
	1:00pm Strength & Conditioning		1:00pm Midlife Mayhem Strength & Conditioning			
			5:30pm Kettlebells	5:30pm Strength & Conditioning		
6:00pm Fit AS Teens 6:00pm Pilates	6:00pm Foundational Fitness	6:00pm 10:30am Kids 7+ 6:00pm Evening Hatha Yoga				
			6:15pm Rising Champs (6 weeks age 11+)			
	6:30pm Pilates		6:30pm am Hot Pilates 🔥			
				6:45pm Stretch by Candlelight **		
7:00pm Fitness	7:00pm Strength & Conditioning	7:00pm Full body Strength 7:00pm Calisthenics	7:00pm 12 Trials Strength & Conditioning			

** Except the first Friday of each month where we will replace this session with PILATES & PROSECCO (alcoholic and non-alcoholic available)