

FIT AS CLASS TIMETABLE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:00am Move	6:00am Kettlebells	6:00am Strength & Conditioning	6:00am 12 Trials	6:00am SDS Hybrid X		
	7:00am Hot Pilates 🔥		7:00am Hot Yoga 🔥			
					8:45am Full body	
9:00am Move 9:00am Morning Hatha Yoga	9:00am Hybrid X	9:00am Strength Lower/Upper 9:00am Morning Hatha Yoga	9:00am Move	9:00am Strength Lower/Upper		9:00am Sunday Mash-up
					9:15am Hot Pilates 🔥	
10:00am 50+			10:00am Beginners Weights	10:00am 50+ 10:00am Bodyweight Blast		
					10:30am Calisthenics	10:30am Kids
	12:00pm Hatha Yoga		12:00pm Vinyasa Yoga			
12:30pm Move		12:30pm Strength Lower/Upper		12:30pm Strength Lower/Upper		
12:30pm Pilates		12:30pm Pilates		12:30pm Pilates		
	1:00pm Strength & Conditioning		1:00pm Midlife Mayhem Strength & Conditioning			
			5:30pm Kettlebells	5:30pm Move		
6:00pm Total Body Combat 6:00pm Hot Yoga 🔥	6:00pm SDS Hybrid X	6:00pm Evening Hatha Yoga				
	6:30pm Pilates		6:30pm Beginners Pilates			
				6:45pm Evening Yin Yoga		
7:00pm Move	7:00pm Strength & Conditioning	7:00pm Strength Lower/Upper 7:00pm Calisthenics	7:00pm Hybrid X			
	7:30pm Men's Pilates		7:30pm Stretch for Stiffs			