

FIT AS CLASS TIMETABLE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:00am Fitness				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 Sunday Mash-up
10:00am Empower Women's Fitness	10:00am Ladies Weights		10:00am Ladies Weights	10:00am Empower Women's Fitness		
						10:30am Hot Pilates 🔥 10:30am Kids 7+
				11:00am Mum & Baby Pilates		
12:30pm Fitness		12:30pm Full body Strength		12:30pm Full body Strength 12:30pm Pilates		
			5:30pm Hot Kettlebells 🔥			
6:00pm Pilates		6:00pm Kids 7+ 6:00pm Evening Hatha Yoga				
			6:15pm Rising Champs (6 weeks age 11+)			
	6:30pm Pilates		6:30pm Hot Pilates 🔥			
				6:30pm Stretch by Candlelight **		
7:00pm Fitness 7:00pm Barre	7:00pm Strength & Conditioning	7:00pm Full body Strength 7:00pm Calisthenics 7:00pm Barre	7:00pm Strength & Conditioning			

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