

FIT AS CLASS TIMETABLE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:00am Move	6:00am Kettlebells	6:00am Strength & Conditioning	6:00am Deadly Dozen	6:00am Hyrox		
7:00am Hyrox	7:00am Pilates		7:00am Morning Hatha Yoga			
9:00am Move	9:00am Hyrox	9:00am Strength Lower/Upper	9:00am Move	9:00am Strength Lower/Upper		9:00am Sunday Mash-up
					9:15am Full body 9:15am Pilates	
10:00am 50+ 10:00am Morning Hatha Yoga		10:00am Morning Hatha Yoga		10:00am 50+ 10:00am Bodyweight Bootcamp		
					10:30am Bodyweight Bootcamp	10:30am Kids
	12:00pm Hatha Yoga		12:00pm Hatha Yoga			
12:30pm Move 12:30pm Pilates		12:30pm Strength Lower/Upper 12:30pm Pilates		12:30pm Strength Lower/Upper 12:30pm Pilates		
	1:00pm Strength & Conditioning		1:00pm Strength & Conditioning			
			5:30pm Kettlebells	5:30pm Move		
6:00pm Evening Hatha Yoga	6:00pm Hyrox	6:00pm Evening Hatha Yoga				
	6:30pm Pilates		6:30pm Beginners Pilates			
				6:45pm Yin Yoga		
7:00pm Move	7:00pm Strength & Conditioning	7:00pm Strength Lower/Upper	7:00pm Hyrox			