

## FIT AS CLASS TIMETABLE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:00am Move	6:00am	6:00am	6:00am Deadly	6:00am Hyrox		
	Kettlebells	Strength &	Dozen			
		Conditioning				
7:00am Hyrox	7:00am Pilates		7:00am			
			Morning Hatha			
		0.00	Yoga	2.22		
9:00am Move	9:00am Hyrox	9:00am	9:00am Move	9:00am		9:00am Sunday
		Strength Lower/Upper		Strength Lower/Upper		Mash-up
		Lower/Opper		Lower/ Opper	9:15am Full	
					body	
					body	
					9:15am Pilates	
10:00am 50+		10:00am		10:00am 50+		
		Morning Hatha				
10:00am		Yoga		10:00am		
Morning Hatha				Bodyweight		
Yoga				Bootcamp		
					10:30am	10:30am Kids
					Bodyweight	10.50aiii Kius
					Bootcamp	
	12:00pm Hatha		12:00pm Hatha		Вооссипр	
	Yoga		Yoga			
12:30pm Move		12:30pm		12:30pm		
		Strength		Strength		
		Lower/Upper		Lower/Upper		
12:30pm		12:30pm		12:30pm		
Pilates		Pilates		Pilates		
	1:00pm		1:00pm			
	Strength & Conditioning		Strength & Conditioning			
	Conditioning		5:30pm	5:30pm Move		
			Kettlebells	3.30pm Wove		
6:00pm	6:00pm Hyrox	6:00pm	nettlewells			
Evening Hatha		Evening Hatha				
Yoga		Yoga				
	6:30pm Pilates		6:30pm			
			Beginners			
			Pilates			
				6:45pm Yin		
				Yoga		
7:00pm Move	7:00pm	7:00pm	7:00pm Hyrox			
	Strength &	Strength				
	Conditioning	Lower/Upper				