

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 Hot | | 7:00am Hot | | | |
| | Pilates 🤚 | | Yoga 🤚 | | | |
| 9:00am Move | 9:00am Hyrox | 9:00am | 9:00am Move | 9:00am | | 9:00am Sunday |
| | | Strength | | Strength | | Mash-up |
| | | Lower/Upper | | Lower/Upper | | |
| | | | | | 9:15am Full | |
| | | | | | body | |
| | | | | | 9:15am Hot | |
| | | | | | Pilates | |
| 10:00cm F01 | | 10:00am | | 10:00am 50+ | Pliates 🧑 | |
| 10:00am 50+ | | Morning Hatha | | 10.00am 50+ | | |
| 10:00am | | Yoga | | 10:00am | | |
| Morning Hatha | | 1080 | | Bodyweight | | |
| Yoga | | | | Bootcamp | | |
| 1060 | | | | | | |
| | | | | | 10:30am | 10:30am Kids |
| | | | | | Bodyweight | |
| | | | | | Bootcamp | |
| | 12:00pm Hatha | | 12:00pm Hatha | | | |
| | Yoga | | Yoga | | | |
| 12:30pm Move | | 12:30pm | | 12:30pm | | |
| | | Strength | | Strength | | |
| | | Lower/Upper | | Lower/Upper | | |
| 12.20 | | 12.20 | | 12.20 | | |
| 12:30pm Pilates | | 12:30pm Pilates | | 12:30pm Pilates | | |
| rilates | 1:00pm | rilates | 1:00pm | rilates | | |
| | Strength & | | Strength & | | | |
| | Conditioning | | Conditioning | | | |
| | Containing | | 5:30pm | 5:30pm Move | | |
| | | | Kettlebells | | | |
| 6:00pm Hot | 6:00pm Hyrox | 6:00pm | | | | |
| Yoga 👆 | | Evening Hatha | | | | |
| | | 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 | | | | |