



FITNESS CLASS TIMETABLE

MONDAY

9:45 - 10:30 Low Impact & Flexibility
11:00 - 12:00 Women's Strength Training
17:20 - 18:05 Circuits
18:15 - 19:00 LBT
19:15 - 20:15 Yoga

TUESDAY

9:30 - 10:30 Functional Movement (beginners)
10:30 - 11:30 Functional Movement (Intermediate)
18:00 - 18:45 Core Conditioning
18:55 - 19:40 Kettlebells

WEDNESDAY

7:00 - 7:30 Circuits
9:45 - 10:30 Full Body Low Impact
16:15 - 17:15 Junior Gym
19:00 - 19:45 Suspension & Bodyweight Training

THURSDAY

9:15 - 10:15 Mobility
10:30 - 11:00 Suspension Training
18:30 - 19:15 Suspension Training
19:30 - 20:30 Pilates with Miranda

FRIDAY

9:00 - 10:00 Balance & Flexibility (Beginner)
10:00 - 11:00 Balance & Flexibility (Intermediate)
12:30 - 1:30 Pilates
17:30 - 18:00 Circuits

WEEKEND

Saturday:
9:30 - 10:30 HIIT
11:15 - 12:15 Women's Only Strength Training
Sunday:
10:15 - 11:00 Mind & Motion