

FITNESS CLASS TIMETABLE

MONDAY

7:00am - 7:30am Toned Abs
9:45am - 10:30am Low Impact & Flexibility
5:45pm - 6:30pm Kettlebell High Intensity
6:30pm - 7:15pm Meta Fit

TUESDAY

10:00am - 10:45am Functional Movement & Core
6:15pm - 7:00pm Boxerfit
7:15pm - 8:00pm Tabata Strength Training

WEDNESDAY

7:00am - 7:30am Meta Fit
9:45am - 10:30am Full Body Low Impact
4:00pm - 5:00pm Junior Gym
6:30pm - 7:15pm Quick Fire Circuits
7:30pm - 8:30pm Yoga with Elena

THURSDAY

9:15am - 10:00am Outdoor Golden Fitness
10:15am - 11:00am Outdoor Golden Fitness
6:30pm - 7:15pm Body Fusion
7:30pm - 8:30pm Pilates with Miranda

FRIDAY

10:00am - 10:45am Indoor
Golden Fitness
12:30pm - 1:30pm Pilates
with Miranda
6:15pm - 7:00pm Kettlebell
Functional Training
7:15pm - 8:00pm Meta Fit

WEEKEND

Saturday: 9:30am -
10:30am Bootcamp
(outdoors)
Sunday: 10:15am - 11:00am
Mind & Motion