

Fitness Class Timetable

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Morning	Morning	Morning	Morning	Morning	Morning	Morning
10:00am-11:00am LBT	10:00am – 11:00am Boxercise	10:00am – 11:00am LBT	10:00am – 10:30am ABS Attack	10:00pm-11:00pm Boxercise	12:30pm – 1:00pm HIIT	11:45am – 12:15pm ABS Attack
11:00am-12:00pm Family Fit	11:30pm – 12:00pm HIIT	11:30pm – 12:00pm Pump	12:00pm – 1:00pm Pump	11:00am-11:30am ABS ATTACK	1:30pm – 2:00pm Boxercise	1:00pm – 1:45pm Aerobics
12:00pm-1:00pm Pump	2:00pm -2:30pm Tone	2:00pm– 2:30pm Circuit	2:00pm – 2:30pm Tone	2:00pm – 2:30pm LBT	3:30pm – 4:00pm LBT	3:00pm – 3:45pm Step
Evening	Evening	Evening	Evening	Evening	4:00pm – 4:30pm ABS Attack	4:00pm – 4:45pm LBT
5:30pm – 6:00pm Step	5:30pm – 6:00pm ABS Attack	5:30pm – 6:00pm HIIT	5:00pm – 5:45pm Step	5:00pm – 5:30pm HITT		
6:00pm – 6:30pm Aerobics	6:00pm – 6:30pm LBT	6:00pm – 6:30pm ABS Attack	6:00pm – 6:30pm Circuit	6:00m – 6:45pm Aerobics		