

TIME/TABLE

CLASS

MONDAY

06:15 - SWEAT
09:30 - CIRCUITS
17:15 - HYROX
18:00 - BOXFIT
19:15 - CIRCUITS

TUESDAY

09:30 - STUDIO HIIT
17:15 - BODYWORKS
18:00 - SPIN
18:00 - GLADIATOR
19:15 - HYROX

WEDNESDAY

06:15 - BOXFIT
09:30 - CIRCUITS
17:30 - CIRCUITS
18:00 - STOMP

THURSDAY

09:30 - CARDIO CLUB
17:15 - LBT'S
18:00 - STEP
19:15 - HYROX

FRIDAY

06:15 - V SPIN
09:30 - SPIN
12:15 - CIRCUITS
18:00 - CIRCUITS

WEEKEND

SATURDAY

09:00 - TEAM CON
10:15 - STUDIO HIIT

SUNDAY

09:00 - KIDS FIT
10:15 - TOTAL BODY