

CLASS  
TIMETABLE



Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
6:30am HYDROX		6:30 - 7:15am S & C		6:30 - 7:15am Functional Fitness	9:00am Functional Fitness
					9:00am & 9:30am HYDROX
5:00pm HYDROX	5:00pm Functional Fitness	5:00pm Functional Fitness	5:00pm HYDROX		
5:30 - 6:15pm S & C	5:30pm Functional Fitness	5:30 - 6:15pm S & C	5:30pm HYDROX		