

GROUP FITNESS TIMETABLE effective 18/02/19

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6:00am	Cardio Box		Total Tabata		Tone It! Punch It!		
7:00am						Boxing Boot Camp	
9:30am	Boxercise Boot Camp	Ladies Kick Fit	Muscle Pump Booking Required	HIIT Box Boot Camp	F*F*S!		
5:30pm	Boxing Boot Camp	Kick-Box Express	Boxing Boot Camp	Kick Fit Boot Camp	Wild Card FUN		Tabata Box Fit
7:00pm	Boxing Boot Camp	Box Right Fit Camp	Box-Kick Boot Camp	Tabata Pump			