

# CLASS TIMETABLE

	MON	TUE	WED	THU	FRI	SAT	
0630-0700	H.I.I.T CLASS	H.I.I.T CLASS	H.I.I.T CLASS	H.I.I.T CLASS	H.I.I.T CLASS	OPEN ACCESS 0800-0900	
0700-0800	GROUP PERSONAL TRAINING	GROUP PERSONAL TRAINING	GROUP PERSONAL TRAINING	GROUP PERSONAL TRAINING	GROUP PERSONAL TRAINING	H.I.I.T CLASS	0900-1000
	OPEN ACCESS 0800-1700	OPEN ACCESS 0800-1700	OPEN ACCESS 0800-1700	OPEN ACCESS 0800-1700	OPEN ACCESS 0800-1700	GROUP PERSONAL TRAINING	1000-1100
1300-1330		H.I.I.T CLASS		H.I.I.T CLASS		MODIFIED STRONGMAN CLASS	1100-1200
1700-1800	GROUP PERSONAL TRAINING	GROUP PERSONAL TRAINING	GROUP PERSONAL TRAINING	GROUP PERSONAL TRAINING	H.I.I.T CLASS		
1800-1900	GROUP PERSONAL TRAINING	GROUP PERSONAL TRAINING	GROUP PERSONAL TRAINING	GROUP PERSONAL TRAINING	GROUP PERSONAL TRAINING		
1900-2000	H.I.I.T CLASS	GROUP PERSONAL TRAINING	H.I.I.T CLASS	BOXERCISE CLASS	GROUP PERSONAL TRAINING		
2000-2100	GROUP PERSONAL TRAINING	GROUP PERSONAL TRAINING	GROUP PERSONAL TRAINING	GROUP PERSONAL TRAINING			