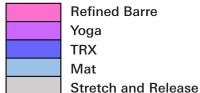


FITNESS CLASSES TIMETABLE

5.45am 6.00am 6.15am 6.30am 7am 7.15am 7.30am 7.45am	Reformer	Mat	Reformer	Mat	Reformer	Mat	Reformer	Mat	Reformer	Mat	Reformer	Mat	Reformer	Daily
6.00am 6.15am 6.30am 7am 7.15am 7.30am 7.45am 7.45am														
6.15am 6.30am 7am 7.15am 7.30am 7.45am														Daily Jump
6.30am 7am 7.15am 7.30am 7.45am														
7am 7.15am 7.30am 7.45am														
7.15am 7.30am 7.45am														Streto
7.30am 7.45am														Burn
7.45am														Super
														Super
0			I I											MAT ROOM
8am														Refine
8.15am														Yoga
8.30am														TRX
8.45am														Mat
9am														Streto
9.15am														
9.45am														
10am														
10.30am														
4pm														
4.15pm														
4.30pm														
5.00pm													+	
5.15pm														
5.30pm														
5.45pm												,	+	*Please note book
6pm	+												+	** classes will only
6.15pm													+	attendance
6.30pm									 				++	*** classes and ins
6.45pm	+												+	subject to change
7.00pm	+												++	****Use our app or and confirm class

MOO





okings are essential

nly run with good

nstructors are

or website to book ss type and teacher