CLASS TIMETABLE









STRENGTH **ENDURANCE**



ENDURANCE

TIME
5:30 - 6:15am
6:30 - 7:15am
7:30 - 8:00am
9:15 - 10:00am
 2:10 - 12:50pm

5:30 - 6:00pm

6:15 - 7:00am

7:15 - 8:00am

LBT CIRCUIT HIIT STEP CLASS MULTIPUMP BOXFIT

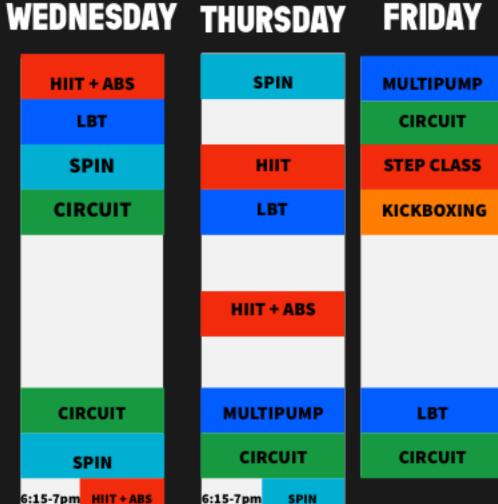
SPIN

MONDAY

TUESDAY
CIRCUIT
KETTLEBELLS
MULTIPUMP
LBT
COMBAT FITNESS
CIRCUIT

SELF DEFENCE

CLASS

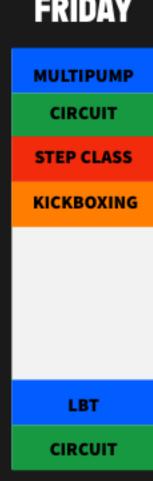


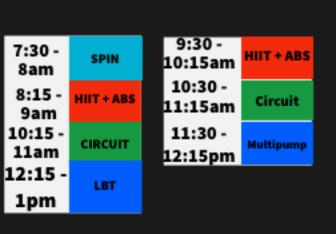
7:15-8pm MULTIPUMP



7:15-8pm

HIIT





SATURDAY SUNDAY

