



CLASS TIME TABLE

AS OF OCT 2018

Day/Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5.30am						
8am						
08.30am	HIIT with Kelly			Strength, Stretch & Balance with Kevin		
9am		Group PT with Emelie			Group Pt with Emelie	Boxing with Emelie
9.30am	Zumba with Kelly		Tabata with Kelly	Zumba with Kelly		
10.00am						
10.30am						Bootylicious with Emelie
11am		Functional with Emelie			Stronger With Emelie	
3.30pm						
5pm		Pilates with Hannah				
5.30pm					Bootcamp with Kelly	
6pm	Tabata with Kelly			Boxing with Emelie		
6.30pm		Bootcamp with Kelly	Stronger with Emelie			
7.00pm	Zumba with Kelly					
7.30pm			Zumba with Kelly			

Ensure to bring a towel and water bottle to all classes.