

## CLASS TIMETABLE

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
7.15 - 8.15AM	Spin with Alice	Strength & Performance with Adam	Body Blitz with Adam	Spin with Alice	Fat Burn with Adam	Boxing with Michael 9AM
12.15 - 1.15PM	Fat Burn with Adam	HIIT & Burn with Sam	HIIT with Louise	HIIT & Burn with Sam	Pilates with Fiona	
6.15 - 7.15PM	Boxing with Michael	Pilates with Fiona	Booty Burner with Sam	Strength & Performance with Adam		

Classes