

# 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<br>9AM |
| 12.15 - 1.15PM | Fat Burn with Adam  |                                  | HIIT with Louise       | Strength & Performance with Adam | Pilates with Fiona |                            |
| 6.15 - 7.15PM  | Boxing with Michael | Pilates with Fiona               | Kickboxing with Louise | Boxing with Michael              |                    |                            |