

Saturday 19 Jan 2019	Duration	Intensity Level
09:30 -- Metafit	30 mins	⊕ ⊕ ⊕ ⊕
10:00 -- Core Conditioning	30 mins	⊕ ⊕ ⊕ ⊕

Sunday 20 Jan 2019	Duration	Intensity Level
10:00 -- Boxfit	60 mins	⊕ ⊕ ⊕ ⊕

Monday 21 Jan 2019	Duration	Intensity Level
17:45 -- Bootcamp	60 mins	⊕ ⊕ ⊕ ⊕
17:45 -- Zumba	45 mins	⊕ ⊕ ⊕ ⊕
18:30 -- Total Tone	45 mins	⊕ ⊕ ⊕ ⊕

Tuesday 22 Jan 2019	Duration	Intensity Level
18:00 -- Zumba	60 mins	⊕ ⊕ ⊕ ⊕
19:00 -- Body Balance	60 mins	⊕ ⊕ ⊕ ⊕

Wednesday 23 Jan 2019	Duration	Intensity Level
18:00 -- Pilates	60 mins	⊕ ⊕ ⊕ ⊕
19:15 -- Step, Bums & Tums	60 mins	⊕ ⊕ ⊕ ⊕

Thursday 24 Jan 2019	Duration	Intensity Level
17:45 -- Bootcamp	45 mins	⊕ ⊕ ⊕ ⊕
18:45 -- Total Tone	45 mins	⊕ ⊕ ⊕ ⊕

This timetable is current as of 18/01/2019. Activities and schedules subject to change.

Whilst we make every effort for classes to be covered, there may be occasions where we have no option but to offer an alternative class due to instructor availability.

Saturday 26 Jan 2019	Duration	Intensity Level
09:30 -- Metafit	30 mins	☆☆☆☆
10:00 -- Core Conditioning	30 mins	☆☆☆☆

Sunday 27 Jan 2019	Duration	Intensity Level
10:00 -- Boxfit	60 mins	☆☆☆☆

Monday 28 Jan 2019	Duration	Intensity Level
17:45 -- Bootcamp	60 mins	☆☆☆☆
17:45 -- Zumba	45 mins	☆☆☆☆
18:30 -- Total Tone	45 mins	☆☆☆☆

Tuesday 29 Jan 2019	Duration	Intensity Level
18:00 -- Zumba	60 mins	☆☆☆☆
19:00 -- Body Balance	60 mins	☆☆☆☆

Wednesday 30 Jan 2019	Duration	Intensity Level
18:00 -- Pilates	60 mins	☆☆☆☆
19:15 -- Step, Bums & Tums	60 mins	☆☆☆☆

Thursday 31 Jan 2019	Duration	Intensity Level
17:45 -- Bootcamp	45 mins	☆☆☆☆
18:45 -- Total Tone	45 mins	☆☆☆☆

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