



## Summer 2020

### Monday

7.00am - 7.30am	Night Rider
9.30am - 10.15am	BLT
5.30pm - 6.15pm	Night Rider & Abs
6.30pm - 7.15pm	A.M.R.A.P.
7.45pm - 8.30pm	H.I.I.T

### Thursday

7.00am - 7.30am	SWEAT!
9.30am - 10.15am	Night Rider & Abs
5.45pm-6.30pm	Cardio Attack
6.45pm-7:30pm	Pilates
7.45pm-8.30pm	Night Rider

### Tuesday

7.00am - 7.30am	X-FIT
9.30am -10.15am	SWEAT!
5.45pm - 6.30pm	Body Blitz
7.15pm - 8.00pm	Pilates Beg/Inter
8.15pm - 9.00pm	Night Rider

### Friday

7.00am - 7.30am	Kettlebells
9.30am - 10.15am	X-FIT
6.15pm - 7.00pm	Circuits
7.15pm - 7.45pm	Night Rider

### Wednesday

7.00am - 7.30am	H.I.I.T.
9.30am - 10.15am	Warrior
6.15pm - 7.00pm	H.I.I.T.
7.30pm - 8.15pm	SWEAT!

### Saturday

9.15am-10.00am	Night Rider
10.30am-11.15am	H.I.I.T.

### Sunday

10.00am - 10.45am	Stationary Circuits
11.00am - 11.30am	Flexibility

Classes must be booked on the App.

Classes Free to Members

Telephone: 047-77943