



## SPRING 2019 Timetable

### Monday

7.00am - 7.30am	Body Blitz
9.30am - 10.15am	BLT
5.30pm - 6.15pm	Night Rider & Abs
6.30pm - 7.15pm	X-FIT
7.30pm - 8.15pm	H.I.I.T

### Thursday

7.00am - 7.30am	Kettlebells
9.30am - 10.15am	Warrior
5.30pm - 6.15pm	Circuits
6.30pm - 7.15pm	Night Rider

### Tuesday

7.00am - 7.30am	H.I.I.T
9.30am - 10.15am	H.I.R.T
6.00pm - 6.45pm	Body Blitz
7.00pm - 7.45pm	Pilates Beg/Inter
8.00pm - 8.45pm	Night Rider

### Friday

7.00am - 7.30am	Night Rider
9.30am - 10.15am	X-FIT
6.00pm - 6.45pm	Kettlebells
7.00pm - 7.30pm	Night Rider

### Wednesday

7.00am - 7.30am	X-FIT
9.30am - 10.15am	Night Rider & Abs
10:30am - 11am	Flex
6.00pm - 6.45pm	HIIT
7.00pm - 7.45pm	Warrior
8pm - 8.30pm	Tabata

### Saturday

9.30am-10.15am	Night Rider
10.30am-11.15am	BLT

### Sunday

10.00am - 10.45am	Circuits
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Classes must be booked ONE day in advance.

Classes Free to Members

Telephone: 047-77943