



CLASS TIMETABLE

MON

SPIN	6.00 - 7.00am
FIT	10.00 - 11.00am
STRONG *	1.00 - 2.00pm
FIT	7.00 - 8.00pm

TUES

BOX	9.00 - 10.00am
MOVE	10.00 - 11.00am
FIT	12.00 - 1.00pm
FIT	7.00 - 8.00pm
BOX	8.00 - 9.00pm

WED

SPIN pre-book only	6.00 - 7.00am
SPIN pre-book only	10.00 - 11.00am
STRONG * ladies only	12.00 - 1.00pm
SENIORS 60+	2.00 - 3.00pm
FIT	7.00 - 8.00pm

THUR

FIT	10.00 - 11.00am
BOX	6.00 - 7.00pm
STRONG *	7.00 - 8.00pm
SPIN pre book only	8.00 - 9.00pm

FRI

BOX	10.00 - 11.00am
FIT	12.00 - 1.00pm
SPIN pre book only	6.00 - 7.00pm

SAT

BOX	8.30 - 9.30am
FIT	9.30 - 10.30am
MOVE	10.30 - 11.30pm
SENIORS	10.30 - 11.30pm

SUN

FIT	10.00 - 11.00am
JUNIORS 8-14	1.00 - 2.00pm