



CLASS TIMETABLE

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5.55am - 6.40am	Monday Cardio killer 45	Muscle Maker 45	Humpday HIIT 45	Strength and Power 45	Fast and the Furious 45		
6.45am – 7.30am	Monday Cardio Killer 45	Muscle Maker 45	Humpday HIIT 45	Strength and Power 45	Fast and the Furious 45	<b>8am Saturday Special</b>	
9.30am – 10.15am	Monday Cardio Killer 45	Muscle Maker 45	Humpday HIIT 45	Strength and Power 45	Fast and the Furious 45		
5.10pm – 5.55pm	Monday Cardio Killer 45	Muscle Maker 45	Humpday HIIT 45	Strength and Power 45	Fast and the Furious 45		
6pm – 6.35pm	Monday Cardio Killer 35	Muscle Maker 35	Humpday HIIT 35	Strength and Power 35	Fast and the Furious 45		