



CLASS TIMETABLE

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5.25am – 6am	Cardio Madness 35	Muscle Burner 35	HIIT and Run 35	Super Strength 35	Fitness Express 35		
6am - 6.45am	Cardio Madness 45	Muscle Burner 45	HIIT and Run 45	Super Strength 45	Fitness Express 45	<b>7.30am and 8.30am Saturday Special</b>	
6.45am – 7.30am	Cardio Madness 45	Muscle Burner 45	HIIT and Run 45	Super Strength 45	Fitness Express 45		
9.30am – 10.15am	Cardio Madness 45	Muscle Burner 45	HIIT and Run 45	Super Strength 45	Fitness Express 45		
5.10pm – 5.55pm	Cardio Madness 45	Muscle Burner 45	HIIT and Run 45	Super Strength 45	Fitness Express 45		
6pm – 6.35pm	Cardio Madness 35	Muscle Burner 35	HIIT and Run 35	Super Strength 35			