

# REDUCED FITNESS CLASS TIMETABLE

MONDAY	12.30 – 13.30 17.30 – 18.00 18.15 – 18.45 19.00 – 19.45	FITNESS CIRCUITS INSANITY KRUNCH & KORE GROUP CYCLING
TUESDAY	12.15 – 12.45 17.30 – 18.00 18.00 – 18.45 19.00 – 20.00	KRUNCH & KORE SMASH H.I.T GROUP CYCLING BOXERCISE
WEDNESDAY	12.15 – 13.00 18.00 – 19.00 18.15 – 19.00 19.30 – 20.30	GROUP CYCLING ZUMBA GROUP CYCLING BOOTCAMP CIRCUITS
THURSDAY	12.30 – 13.30 18.15 – 18.45 19.00 – 19.45 19.15 – 20.15	FITNESS CIRCUITS KRUNCH & KORE GROUP CYCLING BOXERCISE
FRIDAY	12.15 – 13.00	GROUP CYCLING
SATURDAY	10.30 – 11.30 11.30 – 12.30	TOTAL BODY ZUMBA
SUNDAY	11.30 – 12.30	BOOTCAMP CIRCUITS

