

# REDUCED FITNESS CLASS TIMETABLE

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

