

Fitness Class Programme

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday
Power Step 10:00am-11:00am	RIP 7:00am-7:30am	Blitz 7:00am-7:45am	HIIT- Workout 7:00am-7:30am	30 Minute Cardio 7:00am-7:35am	Blitz 7:00am-7:40am
RIP 11:00am-11:30am	Killer Abs 7:30am-8:00am	Cardio Core Mashup 7:45am-8:00am	Fusion 15: Core 7:30am-8:00am	Killer Abs 7:35am-8:10am	AXIS 7:40am- 8:10am
Killer Abs 11:30am-12:00pm	30 min Well balanced Flow 12:15pm-12:45pm	30 Minute Cardio 12:15pm-12:45pm	Yoga (with instructor) 5:00pm-6:00pm	30 min Dumbbell HIIT Countdown Workout 1:00pm-1:30pm	Yoga (with instructor) (external) 9:00am – 11:00am
YogaFit for Warriors 12:15pm-1:00pm	Yoga (with instructor) 5:00pm-6:00pm	Circuits (with instructor) 6:00pm-6:45pm	Xtrain Super Cuts 6:30pm-7:30pm	30 Min Well Balanced Flow 1:30pm-2:00pm	JABTASTIC (with instructor) 5:30pm-6:30pm
	Power Step 6:30pm-7:30pm	WAR 7:00pm-8:00pm	Fusion 15: Core 7:30pm-8:00pm	RIP 5:30pm-6:30pm	YogaFit for Warriors 6:30pm-7:30pm
	Sport 3 Core Express 7:30pm-8:00pm	YogaFit for Beginners 8:00pm-9:00pm		Yoga (with instructor) (external) 6:30pm-7:15pm	