
















Group Fitness Timetable

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				5:45 am Boxing 	10:00 am Boxing 
	9:15 am FITIZENS	9:15 am  ZUMBA FITNESS	9:15 am FITIZENS		10:15 am Reformer Pilates 
					11:00 am Reformer Pilates 
3:45 pm  JUNIOR FITNESS	3:45 pm  JUNIOR FITNESS	3:45 pm  JUNIOR FITNESS	3:45 pm  JUNIOR FITNESS	3:45 pm  JUNIOR FITNESS	
5:15 pm Strong Bodyz	5:15 pm Conditioned Bodyz	5:15 pm Strong Bodyz	5:15 pm Conditioned Bodyz	5:15 pm Strong Bodyz	
5:15 pm Reformer Pilates 		5:15 pm Reformer Pilates 			
6:15 pm Reformer Pilates 		6:15 pm Reformer Pilates 		6:15 pm Reformer Pilates 	
		6:15 pm Boxing 