

CLASS TIMETABLE

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5:45 am			BOOTCAMP +				
6.00am		X-CELL H.I.I.T +		X-CELL SHRED +		BOOTCAMP +	
8:30 am						X-CELL CORE +	
11:30 am							
5:00 pm							
6:30 pm	X-CELL SHRED +		X-CELL BOX +				
7:15 pm	X-CELL STRONG +		X-CELL L.A.B +				

YOU'VE GOT THIS
+ WE'VE GOT YOU



PLEASE REMEMBER:

Book Classes via the Plus Fitness App
Bring a towel + water bottle