

Group Classes Weekly Time Table

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Trainer		Katherine	Katherine			Kamden
6.30- 7.15		Free HITT	HITT Paid			Free hybrid
					Michaela	
7:00-7:45					Free HITT	
Trainer		Katherine	Katherine			
7.30-8.15		Paid Functional- Full Body	Circuit Paid			
Trainer		Katherine				
8.30-9.15		Paid over 50's				
Trainer					Kamden	
9.30-10.15					strength	
Trainer					Michaela	
10.30-11.15					Paid Core blast	
Trainer			Michaela			
11.30-12.15			Paid Mature movers			
Trainer	Katherine					
12.30-13.15	Paid over 50's					
Trainer						
13.30-14.15						
Trainer						
14.30-15.15						
Trainer						
15.30-16.15						
Trainer	Kamden			Kamden		
16.30-17.15	Paid Strength			Paid HIIT		
Trainer		Katherine				
17:30-18:15		Free Functional Full Body				
Trainer	Kamden		Michaela			
17.45-18.30	Free Strength		Free HIIT			
Trainer		Katherine	Michaela			
18.30-19.15		Circuit Paid	Paid Core blast			