

GROUP EX TIMETABLE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
SGT HIIT 06.10 – 06.40	BODYPUMP 07.00 – 08.00	SGT HIIT 06.10 – 06.40	MUSCLE PUMP 07.00 – 07.45	SGT HIIT 06.10 – 06.40	BODYPUMP 09.00 – 10.00	STEP 10.00 – 10.45
YOGA 10.30 – 11.30	BODY CONDITIONING 09.30 – 10.15	BOXING 7:15-8:00	YOGA 09.20 – 10.05	SHRED 07.00 – 08.00	BODYCOMBAT 10.05 – 11.05	PILATES 11.00 – 12.00
FIT N FUNCTIONAL 12.15 – 12.45	CORE 12.15 – 12.50	PILATES 12.15 – 12.50	CIRCUITS 12.15 – 12.50	PILATES 12.15 – 12.50	YOGA 11.15 – 12.15	
HIIT 13.15 – 13.50	FGT HIIT 13.15 – 13.45	CIRCUITS 13.15 – 13.50	FGT GLUTE GAINS 13.15 – 13.45	FGT HIIT 13.15 – 13.45		
BODY CONDITIONING 17.30 – 18.15	STONE 13.15 – 13.50	SHRED 17.30 – 18.15	STONE 13.15 – 13.50			
FGT GLUTE GAINS 17.30 – 18.00	BODYPUMP 17.30 – 18.30		BODYCOMBAT 17.30 -18.30			
FGT HIIT 18.05 – 18.35	FGT HIIT 17.30 – 18.00		FGT HIIT 17.30 – 18.00			
PILATES 18.20 – 19.20	FGT CORE 18.05 – 18.35		BODYPUMP 18.30 – 19.30			
	YOGA 18.40 -19.40					

*FGT & SGT will take place on the gym floor.