

# GROUP EX TIMETABLE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<b>SGT HIIT</b> 06.10 – 06.40	<b>BODYPUMP</b> 07.00 – 08.00	<b>SGT HIIT</b> 06.10 – 06.40	<b>MUSCLE PUMP</b> 07.00 – 07.45	<b>SGT HIIT</b> 06.10 – 06.40	<b>BODYPUMP</b> 09.00 – 10.00	<b>STEP</b> 10.00 – 10.45
<b>CIRCUITS</b> 07.00 – 07.30	<b>BODY CONDITIONING</b> 09.30 – 10.15	<b>BOXING</b> 7:15-8:00	<b>YOGA</b> 09.20 – 10.05	<b>SHRED</b> 06.50 – 07.30	<b>BODYCOMBAT</b> 10.05 – 11.05	<b>PILATES</b> 11.00 – 12.00
<b>YOGA</b> 10.30 – 11.30	<b>CORE</b> 12.15 – 12.50	<b>PILATES</b> 12.15 – 12.50	<b>CIRCUITS</b> 12.15 – 12.50	<b>PILATES</b> 12.15 – 12.50	<b>YOGA</b> 11.15 – 12.15	<b>POWER YOGA</b> 12.15 – 13.15
<b>FIT N FUNCTIONAL</b> 12.15 – 12.45	<b>FGT HIIT</b> 13.15 – 13.45	<b>CIRCUITS</b> 13.15 – 13.50	<b>FGT GLUTE GAINS</b> 13.15 – 13.45	<b>FGT HIIT</b> 13.15 – 13.45		
<b>HIIT</b> 13.15 – 13.50	<b>TONE</b> 13.15 – 13.50	<b>SHRED</b> 17.30 – 18.15	<b>TONE</b> 13.15 – 13.50			
<b>BODY CONDITIONING</b> 17.30 – 18.15	<b>BODYPUMP</b> 17.30 – 18.30	<b>STRONG BY ZUMBA</b> 18.30 – 19.30	<b>BODYCOMBAT</b> 17.30 -18.30			
<b>FGT GLUTE GAINS</b> 17.30 – 18.00	<b>FGT HIIT</b> 17.30 – 18.00		<b>FGT HIIT</b> 17.30 – 18.00			
<b>FGT HIIT</b> 18.05 – 18.35	<b>FGT CORE</b> 18.05 – 18.35		<b>BODYPUMP</b> 18.30 – 19.30			
<b>PILATES</b> 18.20 – 19.20	<b>YOGA</b> 18.40 -19.40					

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