

TIMETABLE JANUARY – MAY 2020

DAY	TIME	CLASS
MONDAY	9:30 – 10:15 10:30 – 11:30 17:00 – 18:00 17:30 – 18:00 18:00 – 19:00 19:00 – 19:45 19:00 – 19:45 18:45 – 19:45	TABATA TRAINING OPEN GYM OPEN GYM CARDIO CONDITIONING BODY BLAST HATTON BOXING FOR FITNESS BODY BLAST OPEN GYM
TUESDAY	9:30 – 10:30 17:00 – 18:00 17:30 – 18:00 18:00 – 19:00 19:00 – 19:30 19:30 – 19:45	 OPEN GYM BODYWEIGHT HIIT (Juniors allowed) 11-15yr KETTLERCISE CARDIO CONDITIONING ABS & CORE ATTACK
WEDNESDAY	9:30 – 10:30 9:30 – 10:15 9:30 – 10:15 10:15 – 10:30 17:30 – 18:30 18:30 – 19:00 19:00 – 19:15 19:15 – 19:45 19:00 – 20:00	OPEN GYM HATTON BOXING FOR FITNESS CARDIO CONDITIONING ABS & CORE ATTACK POWER YOGA CARDIO CONDITIONING ABS & CORE ATTACK KETTLERCISE OPEN GYM
THURSDAY	9:30 – 11:30 16:30 – 17:30 17:30 – 18:15 18:15 – 19:00 19:00 – 19:30 19:00 – 19:45	OPEN GYM OPEN GYM CIRCUIT TRAINING CIRCUIT TRAINING BODYWEIGHT HIIT (Juniors allowed) 11-15yr OPEN GYM
FRIDAY	7:00 – 7:30 7:00 – 7:30 9:30 – 10:30 09:30 – 10:30 18:00 – 19:00	POWERWAVE (Juniors allowed) 11-15yr OPEN GYM KETTLERCISE OPEN GYM YOGA
SATURDAY	9:00 – 9:45	TABATA TRAINING
SUNDAY	8:30 – 9:30 9:30 – 10:00 09:30 – 10:00	RUN CLUB META PWR OPEN GYM