



	MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY		SATURDAY		SUNDAY		
MORNING	6:15-7:00 GX ZONE	METABOLIC MONDAY HIIT FITNESS TEAM	6:15-7:00 GX ZONE	LOWER BODY LIFT FITNESS TEAM	6:15-7:00 GX ZONE	TABATTA HIIT FITNESS TEAM	6:15-7:00 GX ZONE	UPPER BODY BLITZ FITNESS TEAM	7:00-7:45 GX ZONE	FUNCTIONAL FRIDAY HIIT FITNESS TEAM	9:45-10:30 COMBAT ZONE	FULL BODY AFTERBURN FITNESS TEAM	09:30-10:30 GX ZONE	YOGA FAZIA	
											10:00-11:00 COMBAT ZONE	BOXING SCOTT	10:45-11:30 GX ZONE	WOD 45 FITNESS TEAM	
	8:00-8:30 GX ZONE	STRONG CYCLE FITNESS TEAM	8:00-8:30 GX ZONE	LOWER BODY BLAST FITNESS TEAM	8:00-8:30 GX ZONE	HIIT 30 FITNESS TEAM				8:00-8:30 GX ZONE	STRONG CYCLE FITNESS TEAM	10:45-11:15 GX ZONE	WOD 30 FITNESS TEAM	11:45-12:15 GX ZONE	STRONG CYCLE FITNESS TEAM
												11:10-12:10 COMBAT ZONE	KICKBOXING FIGHT TEAM	11:00-12:00 COMBAT ZONE	MUAY THAI FIGHT TEAM
MIDDAY	12:30-13:00 GX ZONE	HIIT 30 FITNESS TEAM	12:30-13:15 GX ZONE	FULL BODY AFTERBURN FITNESS TEAM	12:30-13:00 GX ZONE	CIRCUIT CONDITIONING FITNESS TEAM	12:30-13:15 GX ZONE	FULL BODY AFTERBURN FITNESS TEAM	12:30-13:00 GX ZONE	CIRCUIT CONDITIONING FITNESS TEAM	12:10-13:10 GX ZONE	VINYASA FLOW YOGA FAZIA	12:10-13:10 COMBAT ZONE	BOXING FIGHT TEAM	
	12:45-13:45 COMBAT ZONE	BOXING CIRCUIT FIGHT TEAM			12:45-13:45 COMBAT ZONE	BOXING CIRCUIT FIGHT TEAM			12:45-13:45 COMBAT ZONE	MUAY THAI CIRCUIT FIGHT TEAM	12:20-1:20 COMBAT ZONE	MUAY THAI FIGHT TEAM			
	13:10-13:30 GX ZONE	CORE 20 FITNESS TEAM			13:10-13:30 GX ZONE	CORE 20 FITNESS TEAM			13:10-13:30 GX ZONE	CORE 20 FITNESS TEAM					
EVENING	18:30-19:00 GX ZONE	METABOLIC MONDAY HIIT FITNESS TEAM	18:30-19:30 COMBAT ZONE	MUAY THAI FIGHT TEAM	18:30-19:30 COMBAT ZONE	BOXING CIRCUIT FIGHT TEAM	18:30-19:25 GX ZONE	VINYASA FLOW YOGA FAZIA	18:30-19:30 COMBAT ZONE	KICKBOXING CIRCUIT FIGHT TEAM					
	18:30-19:30 COMBAT ZONE	BOXING CIRCUIT SCOTT	18:30-19:25 GX ZONE	VINYASA FLOW YOGA FAZIA	18:30-19:00 GX ZONE	TABATTA HIIT FITNESS TEAM	18:30-19:30 COMBAT ZONE	KICKBOXING CIRCUIT FIGHT TEAM	18:30-19:00 GX ZONE	FUNCTIONAL FRIDAY HIIT FITNESS TEAM					
	19:10-20:10 GX ZONE	PUMP & TONE MARTA	19:30-20:00 GX ZONE	WOD 30 FITNESS TEAM	19:10-20:10 GX ZONE	STRONG NATION MARTA	19:30-20:00 GX ZONE	WOD 30 FITNESS TEAM							
	19:40-20:40 COMBAT ZONE	KICKBOXING CIRCUIT FIGHT TEAM	19:40-20:40 COMBAT ZONE	BOXING CIRCUIT FIGHT TEAM	19:40-20:40 COMBAT ZONE	KICKBOXING CIRCUIT FIGHT TEAM									

GX ZONE
 COMBAT ZONE
 OUTDOORS

PLEASE NOTE THIS TIMETABLE MAY BE SUBJECT TO CHANGE.
FITSENSE APP TIMETABLE OVERRULES WEBSITE TIMETABLE.
YOU CAN NOT ATTEND CLASS UNLESS YOU BOOKED. NO BOOKING, NO ENTRY.