



	MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY		SATURDAY		SUNDAY	
MORNING			7:15-8:00 STUDIO	STRONG CYCLE AMY			7:10-8:10 STUDIO	PUMP & TONE MARTA			9:25 - 9:55 FUNCTIONAL ZONE	HIIT 30 MEGAN/AMY	9:45-10:30 STUDIO	STRONG CYCLE MEGAN
	8:00-8:30 STUDIO	HIIT30 AMY	07:30-08:15 COMBAT ZONE	BOXING JAKUB	8:00-8:30 STUDIO	HIIT 30 DOUG	7:45-8:30 STUDIO	HIIT 45 DOUG	7:30-8:15 STUDIO	HIIT 45 MEGAN	10:00 -11:00 COMBAT ZONE	BOXING SCOTT	10:30 - 11:00 FUNCTIONAL ZONE	HIIT 30 MEGAN
			8:00-8:30 STUDIO	ABS, BUMS, ARMS AMY							10:00-10:45 STUDIO	GLUTE GAINS MEGAN/AMY	11:00-12:00 STUDIO	YOGA FAZIA
	9:30-10:00 STUDIO	ABS, BUMS, ARMS AMY	9:30-10:30 STUDIO	PILATES JACQUELINE							11:00-12:00 STUDIO	YOGA FAZIA	11:00-12:00 COMBAT ZONE	MUAY THAI ALESSIO
											11:15-12:00 COMBAT ZONE	KICKBOXING ALESSIO		
MIDDAY	12:30-13:00 STUDIO	CIRCUIT CONDITIONING GABS	12:30-13:15 FUNCTIONAL ZONE	HIIT CIRCUITS NATALIE	12:30-13:15 STUDIO	STRONG CYCLE JESS F	12:30-13:00 FUNCTIONAL ZONE	HIIT CIRCUITS DOUG	12:30-13:00 FUNCTIONAL ZONE	CIRCUIT CONDITIONING MEGAN	12:00-13:00 COMBAT ZONE	MMA ALESSIO		
					12:45-13:45 COMBAT ZONE	BOXING CIRCUIT JAKUB					13:00-14:30 COMBAT ZONE	SELF DEFENCE NEVILLE		
	13:05-13:25 STUDIO	CORE20 GABS			13:15-13:30 STUDIO	CORE15 JESS F			13:05-13:25 STUDIO	CORE20 MEGAN				
EVENING							18:00-18:30 FUNCTIONAL ZONE	HIIT 30 GABS						
	18:00-18:30 FUNCTIONAL ZONE	HIIT CIRCUITS JESS F	18:15-19:00 STUDIO	HIIT 45 MIRO	18:30-19:30 COMBAT ZONE	BOXING CURTIS	18:30-20:00 COMBAT ZONE	KICKBOXING* ALESSIO	18:00-18:30 FUNCTIONAL ZONE	HIIT CIRCUITS FITNESS TEAM				
	18:30-19:30 COMBAT ZONE	BOXING JAKUB	18:30-19:30 COMBAT ZONE	MUAY THAI ALESSIO	18:30-19:00 STUDIO	HIIT 30 MIRO	18:15-19:00 STUDIO	BARRE KAZ	18:30-20:00 COMBAT ZONE	MUAY THAI* JAKUB				
	19:00-20:00 STUDIO	PUMP & TONE MARTA	19:05-20:00 STUDIO	VINYASA FLOW YOGA JESSIE	19:30-21:00 COMBAT ZONE	JUDO (surcharge) ADAM	19:05-20:00 STUDIO	VINYASA FLOW YOGA KAZ						
	19:40-20:40 COMBAT ZONE	KICKBOXING JAKUB	19:30-21:00 COMBAT ZONE	BJJ SIMON/JAMIE (BJJ membership req.)	19:00-20:00 STUDIO	PILATES JACQUELINE	19:30-21:00 COMBAT ZONE	BJJ SIMON/JAMIE (BJJ membership req.)						

PLEASE NOTE THIS TIMETABLE MAY BE SUBJECT TO CHANGE.
FITSense APP TIMETABLE OVERRULES WEBSITE TIMETABLE.
*Not suitable for beginners