



	MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY		SATURDAY		SUNDAY	
MORNING	6:15-6:45 GX ZONE	HIIT30 FITNESS TEAM	6:15-6:45 GX ZONE	STRONG30 FITNESS TEAM	6:15-6:45 GX ZONE	HIIT30 FITNESS TEAM	6:15-6:45 GX ZONE	STRONG30 FITNESS TEAM	6:15-6:45 GX ZONE	HIIT30 FITNESS TEAM	10:00 -11:00 COMBAT ZONE	BOXING SCOTT	09:30-10:30 GX ZONE	YOGA FAZIA
			6:55-7:50 GX ZONE	PUMP & TONE MARTA			6:55-7:50 GX ZONE	PUMP & TONE MARTA	7:00-7:30 GX ZONE	CORE30 FITNESS TEAM	10:15 -11:00 GX ZONE	WOD45 FITNESS TEAM	10:45-11:30 GX ZONE	HIIT45 FITNESS TEAM
	8:00-8:30 GX ZONE	HIIT30 FITNESS TEAM	8:00-8:30 GX ZONE	STRONG30 FITNESS TEAM	8:00-8:30 GX ZONE	HIIT30 FITNESS TEAM	8:00-8:30 GX ZONE	STRONG30 FITNESS TEAM			11:15 -12:00 GX ZONE	WOD45 FITNESS TEAM	11:45-12:30 GX ZONE	HIIT45 FITNESS TEAM
											11:10-12:10 COMBAT ZONE	KICKBOXING ALESSIO	11:00-12:00 COMBAT ZONE	MUAY THAI JAKUB
MIDDAY	12:30-13:00 GX ZONE	HIIT30 FITNESS TEAM	12:30-13:30 GX ZONE	PUMP & TONE MARTA	12:30-13:00 GX ZONE	HIIT30 FITNESS TEAM	12:30-13:30 GX ZONE	PUMP & TONE MARTA	12:30-13:00 GX ZONE	CONDITION30 FITNESS TEAM	12:10-13:10 GX ZONE	YOGA FAZIA	12:10-13:10 GX ZONE	BOXING JAKUB
	12:45-13:45 COMBAT ZONE	BOXING CIRCUIT JAKUB			12:45-13:45 COMBAT ZONE	BOXING CIRCUIT JAKUB			12:45-13:45 COMBAT ZONE	MUAY THAI CIRCUIT ALESSIO				
	13:10-13:30 GX ZONE	CORE20 FITNESS TEAM			13:10-13:30 GX ZONE	CORE20 FITNESS TEAM			13:10-13:30 GX ZONE	CORE20 FITNESS TEAM				
EVENING	18:30-19:00 GX ZONE	HIIT30 FITNESS TEAM	18:30-19:30 COMBAT ZONE	MUAY THAI CIRCUIT GAB	18:30-19:30 COMBAT ZONE	BOXING CIRCUIT ALEX	18:30-19:25 GX ZONE	VINYASA FLOW YOGA FAZIA	18:30-19:30 COMBAT ZONE	BOXING CIRCUIT GAB				
	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	HIIT30 FITNESS TEAM	18:30-19:30 COMBAT ZONE	KICKBOXING CIRCUIT GAB	18:30-19:00 GX ZONE	HIIT30 FITNESS TEAM				
	19:10-20:10 GX ZONE	PUMP & TONE MARTA	19:30-20:00 GX ZONE	WOD30 FITNESS TEAM	19:10-20:10 GX ZONE	STRONG NATION MARTA	19:30-20:00 GX ZONE	WOD30 FITNESS TEAM	19:10-20:10 GX ZONE	STRONG BY ZUMBA MARTA				
	19:40-20:40 COMBAT ZONE	KICKBOXING CIRCUIT JAKUB	19:30-20:00 COMBAT ZONE	THAI CONDITIONING GAB	19:30-20:00 COMBAT ZONE	BOXING CONDITIONING ALEX								

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.