



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY							
MORNING	7:00-7:30 GX ZONE	METABOLIC MONDAY HIIT FITNESS TEAM	7:00-7:45 GX ZONE	LOWER BODY LIFT FITNESS TEAM	6:15-7:00 GX ZONE	TABATA HIIT FITNESS TEAM	7:10-8:10 GX ZONE	PUMP & TONE MARTA	7:00-7:45 GX ZONE	FUNCTIONAL FRIDAY HIIT FITNESS TEAM	10:00 -11:00 COMBAT ZONE	BOXING SCOTT	09:30-10:30 GX ZONE	YOGA JESSIE
											9:45-10:30 GX ZONE	FULL BODY AFTERBURN FITNESS TEAM	10:45-11:30 GX ZONE	WORKOUT OF THE DAY 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	HIIT30 FITNESS TEAM	8:15-9:00 GX ZONE	UPPER BODY BLITZ FITNESS TEAM	8:00=8:30 GX ZONE	STRONG CYCLE FITNESS TEAM	10:45-11:30 GX ZONE	GLUTE GAINS THEO WHITE	11:45-12:15 GX ZONE	STRONG CYCLE FITNESS TEAM
			9:30-10:30 GX ZONE	PILATES JACQUELINE							11:10-12:10 COMBAT ZONE	KICKBOXING ALESSIO	11:00-12:00 COMBAT ZONE	MUAY THAI JAKUB
MIDDAY	12:30-13:00 GX ZONE	CIRCUIT CONDITIONING FITNESS TEAM	12:30-13:45 GX ZONE	FULL BODY AFTERBURN FITNESS TEAM	12:30-13:00 GX ZONE	CIRCUIT CONDITIONING FITNESS TEAM	12:30-13:45 GX ZONE	FULL BODY AFTERBURN FITNESS TEAM	12:30-13:00 GX ZONE	CONDITION30 FITNESS TEAM	11:45-12:30 GX ZONE	BARRE JESSIE	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 GAB	18:30-19:30 COMBAT ZONE	BOXING CIRCUIT ALEX	18:30-19:25 GX ZONE	VINYASA FLOW YOGA JESSIE	18:30-19:30 COMBAT ZONE	KICKBOXING CIRCUIT GAB				
	18:30-19:30 COMBAT ZONE	BOXING CIRCUIT ALESSIO	18:30-19:25 GX ZONE	VINYASA FLOW YOGA JESSIE	18:30-19:00 GX ZONE	STRONG CYCLE FITNESS TEAM	18:30-19:30 COMBAT ZONE	KICKBOXING CIRCUIT GAB	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	TABATA HIIT FITNESS TEAM	19:30-20:00 COMBAT ZONE	KICKBOXING CIRCUIT ALESSIO	19:30-20:00 GX ZONE	WOD30 FITNESS TEAM						
	19:40-20:40 COMBAT ZONE	KICKBOXING CIRCUIT JAKUB	19:30-20:00 COMBAT ZONE	BOXING CIRCUIT GAB										

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.