

3 HREE
6 IX
5 IVE

FITNESS & LIFESTYLE

TIMETABLE

FITNESS CLASSES WEEK 1



TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
06:00	BUILD	BURN	BOX	BUILD	BALANCE		
08:00						CIRCUITS	
08:15		BURN		BUILD			
09:30	BUILD	BURN	BOX	BUILD	BALANCE		
10:30			YOGA				
12:30	BUILD				BALANCE		
17:30					BALANCE		
18:00	BUILD	BOX	BUILD	STEP or LEGS, BUMS & TUMS			
18:30							
19:00	YOGA			PILATES			

FITNESS CLASSES WEEK 2



TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
06:00	BURN	BUILD	BLAST	BUILD	BALANCE		
08:00						CIRCUITS	
08:15		BUILD		BOX			
09:30	BURN	BUILD	BLAST	BOX	BALANCE		
10:30			YOGA				
12:30	BURN				BALANCE		
17:30					BALANCE		
18:00	BURN	BOX	BLAST	STEP or LEGS, BUMS & TUMS			
18:30							
19:00	YOGA			PILATES			

SMALL GROUP TRAINING



TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
06:00	SGPT		SGPT		SGPT		
07:00	SGPT	SGPT	SGPT	SGPT	SGPT		
08:00	SGPT	SGPT	SGPT	SGPT	SGPT		
09:00						SGPT	
09:15	SGPT	SGPT	SGPT	SGPT	SGPT		
10:15	SGPT	SGPT	SGPT	SGPT	SGPT		
12:30	SGPT	SGPT		SGPT	SGPT		
15:00					SGPT		
16:00					SGPT		
16:30	SGPT	SGPT	SGPT	SGPT			
17:30	SGPT	SGPT	SGPT	SGPT			
18:30	SGPT	SGPT	SGPT	SGPT			