

Bonnington Leisure Club

Class Time-Table (January–March 2019)

| | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY | SUNDAY |
|----------|--------------------------------|--------------------------------|--------------------------------|---|---------------------------------------|-----------------------------------|---------------------------|
| 06:15 AM | H.I.I.T. (40 MINS) | B-FIT (Gym Floor) (40 MINS) | BOOTCAMP (40 MINS) | B-FIT (Gym Floor) (40 MINS) | | | |
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| 10:00 AM | B-FIT (Gym Floor) (45 MINS) | CARDIO BOXING (30 MINS) | SPIN & ABS (45 MINS) | STRENGTH & CONDITIONING (45 MINS) | BUM, LEGS & TUMS (40 MINS) | | |
| 10:30 AM | | TOTAL TONE (30 MINS) | | | | BOOTCAMP (40 MINS) | SPIN EXPRESS (30 MINS) |
| 11:00 AM | AQUA FIT (40 MINS) | | AQUA FIT (40 MINS) | | AQUAFIT (40 MINS) | SPIN EXPRESS 11:15am (30 MINS) | |
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| 5:45 PM | AB ATTACK (20 MINS) | AB ATTACK (20 MINS) | BOOTY BLITZ (25 MINS) | | | | |
| 6:15 PM | SPIN (40 MINS) | B-FIT (Gym Floor) (45 MINS) | B-FIT (Gym Floor) (45 MINS) | SPIN (40 MINS) | B-FIT (Gym Floor) 6:30pm (45 MINS) | | |
| 7:00 PM | BOOTCAMP (45 MINS) | SPIN & ABS (50 MINS) | SPIN & ABS (50 MINS) | BOOTCAMP (45 MINS) | | | |
| 7:00 PM | SPIN & ABS (50 MINS) | BOOTCAMP (45 MINS) | H.I.I.T. (30 MINS) | | | | |
| 8:00 PM | | AQUA FIT (40 MINS) | | AQUA FIT (40 MINS) | | | |