

Bonnington Leisure Club

Class Time-Table (7th April–June 2019)

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
06:15 AM	H.I.I.T. (40 MINS)	B-FIT (Gym Floor) (45 MINS)	BOOTCAMP (40 MINS)	SPIN (40 MINS)			
10:00 AM	B-FIT (Gym Floor) (45 MINS)	CARDIO BOXING (30 MINS)	BUMS, LEGS & TUMS (40 MINS)	B-FIT (Gym Floor) (45 MINS)	BARBELL BOOTCAMP (40 MINS)		
10:30 AM		SPIN EXPRESS (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)	
5:45 PM	H.I.I.T. (25 MINS)	H.I.I.T. (25 MINS)	AB ATTACK (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	B-STRETCH (30 MINS)	AQUA FIT (40 MINS)		AQUA FIT (40 MINS)			