

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
							
9:30 am	Strength & Conditioning (40 mins)	SKI, BIKE, ROW (40 MINS)	Strenght & Conditioning (40 mins)	B-FIT (30 MINS)	Strenght & Conditioning (40 mins)	SPIN (30 MINS)	
10:15	SPIN (30 MINS)	BOOTCAMP (30 mins)		SPIN (30 MINS)			TRAINERS CHOICE
11:00 am	AQUA FIT (40 MINS)		AQUA FIT (40 MINS)		AQUA FIT (40 MINS)	Kettlebells & Conditioning	BOOTCAMP (30MINS)
6:15 pm	Kettlebells & Conditioning	B-FIT (40 MINS)	Kettlebells & Conditioning	SKI, BIKE, ROW (40 MINS)	BOX-FIT (30 MINS)		
7:00 pm	SPIN (30 MINS)	AQUA (40 mins)	SPIN (30 MINS)	AQUA (40 MINS)	B-FIT (40 MINS)		

Minimum of 3 people must show up for the class to go ahead