

CLASS TIMETABLE

MONDAY

07:00-07:45 - Express Spin
09:00-09:45 - Circuits
10:15-11:00 - Beginner Resistance
13:30-14:15 - Boxercise
17:15-18:00 - Spin
18:15-19:00 - Kettlebells
19:15-20:00 - FX Bootcamp

TUESDAY

07:00-07:45 - Express Spin
08:30-09:00 - LBT
10:30-11:15 - Beginner Spin
13:30-14:15 - Boxercise
17:15-18:00 - Spin
18:15-19:00 - Kettlebells
19:15-20:00 - Circuits

WEDNESDAY

06:30-07:15 - Express Spin
09:00-09:45 - Circuits
10:30-11:15 - Kettlebells
17:30-18:30 - Yoga
18:30-19:30 - Restorative Yoga

THURSDAY

07:00-07:45 - Express Spin
09:00-09:45 - Boxercise
13:00-13:45 - Circuits
15:30-16:30 - Beginner Resistance
17:45-18:30 - Express Spin
17:30-18:30 - Yoga
18:30-19:30 - Restorative Yoga

FRIDAY

06:30-07:15 - Express Spin
07:00-08:00 - Yoga
09:00-09:45 - Boxercise
12:00-13:00 - Yoga
13:30-14:30 - Beginner Resistance
15:15-16:00 - Seated Cardio & Strength
17:30-18:15 - Kettlebells
18:30-19:15 - FX Bootcamp