

Timing	<u>SUNDAY</u>	<u>MONDAY</u>	<u>TUESDAY</u>	<u>WEDNESDAY</u>	<u>THURSDAY</u>	<u>FRIDAY</u>	<u>SATURDAY</u>
9.00 am							
10.30 am							
12.00 pm							
2.00 pm Women	<b>STRENGTH</b>	<b>BOXING FIT</b>	<b>STRENGTH</b>	<b>HYBRID</b>	<b>BOXING FIT</b>		<b>HYBRID</b>
3.10 pm Women	<b>STRENGTH</b>	<b>CARDIO</b>	<b>STRENGTH</b>	<b>HYBRID</b>	<b>CARDIO</b>		<b>HYBRID</b>
5.00 pm	<b>STRENGTH</b>	<b>CARDIO</b>	<b>STRENGTH</b>	<b>HYBRID</b>	<b>CARDIO</b>		<b>HYBRID</b>
6.15 pm	<b>STRENGTH</b>	<b>CARDIO</b>	<b>STRENGTH</b>	<b>HYBRID</b>	<b>CARDIO</b>		<b>HYBRID</b>
7.30 pm							
9.00 pm							