



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY						
MORNING		7:15-8:00 STUDIO	7:15-8:00 STUDIO	7:15-8:00 STUDIO		9:25 - 9:55 FUNCTIONAL ZONE	9:45-10:30 STUDIO						
			STRONG CYCLE AMY		PUMP & TONE MARTA	HIIT 30 MEGAN/AMY	STRONG CYCLE MEGAN						
	8:00-8:30 STUDIO	07:30-08:15 COMBAT ZONE	BOXING JAKUB	7:45-8:30 FUNCTIONAL ZONE	HIIT 45 MEGAN	10:00 -11:00 COMBAT ZONE	10:30 - 11:00 FUNCTIONAL ZONE	HIIT 30 MEGAN					
		8:00-8:30 STUDIO	ABS, BUMS, ARMS AMY		8:00-8:30 FUNCTIONAL ZONE	HIIT 30 DOUG	7:30-8:15 FUNCTIONAL ZONE	HIIT 45 MEGAN					
	9:30-10:00 STUDIO	9:30-10:30 STUDIO	PILATES JACQUELINE			10:00-10:45 STUDIO	11:00-12:00 STUDIO	YOGA FAZIA					
						11:00-12:00 STUDIO	11:00-12:00 COMBAT ZONE	MUAY THAI ALESSIO					
MIDDAY	12:30-13:00 STUDIO	CIRCUIT CONDITIONING JESS B	12:30-13:15 FUNCTIONAL ZONE	HIIT CIRCUITS NATALIE	12:30-13:15 STUDIO	STRONG CYCLE MEGAN	12:30-13:00 FUNCTIONAL ZONE	HIIT CIRCUITS DOUG	12:30-13:00 FUNCTIONAL ZONE	CIRCUIT CONDITIONING MEGAN	11:15-12:00 COMBAT ZONE	KICKBOXING ALESSIO	
					12:45-13:45 COMBAT ZONE	BOXING CIRCUIT JAKUB	13:30-14:15 STUDIO	POST NATAL RE-SHAPE KRISTY			12:00-13:00 COMBAT ZONE	MMA ALESSIO	
	13:05-13:25 STUDIO	CORE20 JESS B			13:15-13:30 STUDIO	CORE15 MEGAN			13:05-13:25 STUDIO	CORE20 MEGAN	13:00-14:30 COMBAT ZONE	SELF DEFENCE NEVILLE	
EVENING			18:15-19:00 STUDIO	HIIT 45 MIRO	18:30-19:30 COMBAT ZONE	BOXING KURTIS	18:30-19:00 STUDIO	HIIT 30 GABS	18:00-18:30 FUNCTIONAL ZONE	HIIT CIRCUITS FITNESS TEAM			
	18:00-18:30 FUNCTIONAL ZONE	HIIT CIRCUITS JESS F	18:30-19:30 COMBAT ZONE	MUAY THAI ALESSIO	18:30-19:00 STUDIO	HIIT 30 MIRO	18:30-20:00 COMBAT ZONE	KICKBOXING* ALESSIO	18:30-19:30 COMBAT ZONE	MUAY THAI* JAKUB			
	18:30-19:30 COMBAT ZONE	BOXING JAKUB	19:05-20:00 STUDIO	YOGA JESSIE	19:30-21:00 COMBAT ZONE	JUDO (surcharge) ADAM	19:05-20:00 STUDIO	YOGA TORI					
	19:00-20:00 STUDIO	PUMP & TONE MARTA	19:30-21:00 COMBAT ZONE	BJJ	19:00-20:00 STUDIO	PILATES JACQUELINE	19:30-21:00 COMBAT ZONE	BJJ					
	19:40-20:40 COMBAT ZONE	KICKBOXING JAKUB		SIMON/JAMIE (BJJ membership req.)									

PLEASE NOTE THIS TIMETABLE MAY BE SUBJECT TO CHANGE.  
 FITSENSE APP TIMETABLE OVERRULES WEBSITE TIMETABLE.

\*Not suitable for beginners