

# Class Timetable

## Monday

06:00 – 07:00	Fit Camp <sup>P</sup>	Burn / Sculpt	60 mins
07:15 – 08:00	Ride n' Lift	Burn	45 mins
08:00 – 08:15	Core Focus	Sculpt	15 mins
17:45 – 18:30	Bells, Bags n' Ropes	Sculpt	45 mins
18:45 – 19:30	Hot Bike	Burn	45 mins
19:45 – 20:45	Hot Yoga <sup>P</sup>	Spirit	60 mins

## Tuesday

06:00 – 07:00	Fit Camp <sup>P</sup>	Burn / Sculpt	60 mins
07:00 – 07:15	Core Focus	Sculpt	15 mins
12:30 – 13:00	HIIT	Burn / Sculpt	30 mins
13:00 – 13:15	Core Focus	Sculpt	15 mins
18:00 – 18:15	Core Focus	Sculpt	15 mins
18:15 – 19:00	Pump it Up	Sculpt	45 mins
19:15 – 20:00	Tour de Fitness Space	Burn	45 mins

## Wednesday

06:00 – 07:00	Fit Camp <sup>P</sup>	Burn / Sculpt	60 mins
07:15 – 08:00	Ride n' Lift	Burn	45 mins
08:00 – 08:15	Core Focus	Sculpt	15 mins
17:45 – 18:30	Box Fit	Burn / Sculpt	45 mins
19:35 – 20:35	Hot Yoga <sup>P</sup>	Spirit	60 mins

## Thursday

06:00 – 07:00	Fit Camp <sup>P</sup>	Burn / Sculpt	60 mins
07:00 – 07:15	Core Focus	Sculpt	15 mins
12:30 – 13:00	Express HIIT	Burn	30 mins
13:00 – 13:15	Core Focus	Sculpt	15 mins
18:00 – 18:15	Core Focus	Sculpt	15 mins
18:15 – 19:00	Kettlebells	Burn / Sculpt	45 mins
19:15 – 20:00	Zumba	Burn / Sculpt	60 mins

## Friday

06:00 – 07:00	Fit Camp <sup>P</sup>	Burn / Sculpt	30 mins
07:15 – 08:00	Ride n' Lift	Burn / Sculpt	45 mins
08:00 – 08:15	Core Focus	Sculpt	15 mins
17:30 – 18:15	Tour de Fitness Space	Burn	45 mins

## Saturday

10:00 – 10:45	Zumba	Rhythm	45 mins
11:00 – 11:45	Hot Yoga <sup>P</sup>	Spirit	45 mins
12:30 – 13:30	Hot Bike	Burn	60 mins

## Sunday

11:00 – 11:45	HIIT	Burn / Sculpt	45 mins
11:45 – 12:00	Core Focus	Sculpt	15 mins

<sup>P</sup> credits required