



MONDAY

6.30am HIIT30 (30 mins)
9am Step (30 mins)
9.45am Tabata (30 mins)
5.15pm Circuit (30 mins)
6pm Abs Butts & Thighs (30 mins)
6.35pm Step (45 mins)

WEDNESDAY

6.30am Abs butts & thighs (30 mins)
9am HIIT Cardio (30 mins)
9.30am Fatburn Circuit (30 mins)
5.30pm Abs Butts & Thighs (30 mins)
6pm Zumba (60 mins)
6pm Circuit (30 mins ABF)
7pm Mobility (30 mins)

FRIDAY

6.30am HIIT30 (30 mins)
9am Step (30 mins)
9.45am Boxfit (45 mins)
10.30am Pilates (30 mins)

SUNDAY 9am Tabata
9.30am Gym Spring

TUESDAY

9am Boxfit (45mins)
9.50am Gym Spring (30 mins)
4pm Kids Muay Thai (45 ABF)
5.30pm Tabata (30 ABF)
6pm Pumped (45 mins)
6.30pm Adults Muay Thai (1hr ABF)
7pm Pilates (45 mins)

THURSDAY

6.30am HIIT30 (30 mins)
9am Tabata (30 mins)
9.30am Abs butts & thighs (30 mins)
4pm Kids Muay Thai (45 ABF)
5.15pm Pumped (30 mins)
6pm HIIT Cardio (30 mins)
6.30pm Adults Muay Thai (1hr ABF)
7pm Yoga (60 mins)

SATURDAY

7.30am Fatburn circuit (45 mins)
8.30am Kids Fitness (30 mins ABF)
9.30am Zumba (60 mins)
10.30am Pilates (45 mins)

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