



MONDAY

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

WEDNESDAY

6.30am Abs butts & thighs (30 mins)
9am SUPER HIIT (45 mins)
5.15pm Abs Butts & Thighs (45 mins)
6pm Zumba (60 mins)
6pm Circuit (30 mins ABF)

FRIDAY

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

SUNDAY 9am-10am
POWER HOUR

TUESDAY

9am Pumped (45mins)
10am Yoga (60 mins)
4pm Kids Fitness (45 ABF)
5.30pm Boxing Conditioning (45 ABF)
6pm Pumped (45 mins)
6.30pm Adults Muay Thai (1hr ABF)
7pm Pilates (45 mins)

THURSDAY

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

SATURDAY

8am Fatburn circuit (30 mins)
8.45am Kids Fitness (30 mins ABF)
9.30am Zumba (60 mins)
10.30am Pilates (45 mins)

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