

Class Schedule December 2019

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
2 Tone Up – 6am Just Balls – 12:15 Yogatone – 5:30pm	3 Muscle Pump – 9am HIIT – 12:15 Just Balls – 5:30pm	4 HIIT – 6am TBC – 5:30pm	5 Muscle Pump – 12:15 Circuits – 5:30pm	6 Tabata – 6am HIIT – 10:15	7 Bootcamp – 8am	1 HIIT/Yoga – 8am HIIT/Yoga – 8am
9 Tone Up – 6am Just Balls – 12:15 Yogatone – 5:30pm	10 Muscle Pump – 9am HIIT – 12:15 Just Balls – 5:30pm	11 HIIT – 6am TBC – 5:30pm	12 Muscle Pump – 12:15 Circuits – 5:30pm	13 Bootcamp – 6am TBC – 10:15	14	15 TBC – 3pm
16 TBC – 6am HIIT/Yoga – 5:30pm	17 Circuits – 5:30pm	18 HIIT – 6am TBC – 5:30pm	19 Circuits – 5:30pm	20 Tabata – 6am HIIT – 10:15	21 Bootcamp – 8am	22 TBC – 8am
23 Tone Up – 6am Just Balls – 12:15 Yogatone – 5:30pm	24	25	26 Muscle Pump – 12:15 Circuits – 5:30pm	27 Tabata – 6am HIIT – 10:15	28 Bootcamp – 8am	29
30 Tone Up – 6am Just Balls – 12:15 Yogatone – 5:30pm	31 Muscle Pump – 9am HIIT – 12:15 Just Balls – 5:30pm					

Subject to change: Final schedule is available online.

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

SUNDAY