

Class Timetable

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6.00am		BOXING DEE					
9.00am						BOXING HORI	
10.00am				YOGA CHRIS			
5.30pm	BODY BURN NATE		BODY BURN NATE				
6.00pm		SHRED DAVID		SHRED DAVID			
7.00pm	PILATES DEE		PILATES ERICA				

All classes are 50 minutes in duration

Let's make HEALTHY HAPPEN