



Class Timetable



| | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY | SUNDAY |
|---------|-------------------|------------------------|-------------------|-------------------------|--------|-----------------|--------|
| 6.15am | HIIT Mary-Kate | | | HIIT Mary-Kate | | | |
| 9.00am | | | | | | Box Fit Hori | |
| 10.00am | | Yoga Chris | | TONED Down Mary-Kate | | | |
| 5.30pm | | | HIIT Mary-Kate | | | | |
| 6.00pm | Body Burn Hori | Body Burn Mary-Kate | | | | | |
| 7.00pm | | | Pilates Erica | | | | |