



# 2021 GROUP FITNESS TIMETABLE

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
6am	Tabata Step & Strength		HIIT	Boxing 15+		
9am	Move for life	Bums, tums & legs				
9.30am		Boxing - 15+	Zumba Gold	HIIT	Stretch & Flex class	Boxing 15+
10.30am			Zumba	10am Zumba		
11am				Pilates		
4.30pm	Junior Boxing	Kids Fitness & agility	Junior Boxing	Kids Fitness Fun	Kids Fit Ninja warrior	
5.30pm		HIIT	Bootcamp	Boxing - 15+		
6pm	Pumped up				Stretch & Flex class	
6.30pm		Boxing - 15+		Zumba Step		