



GROUP SESSION TIMETABLE

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
TIME	<i>MORNING</i>					
5.00AM - 6.00AM	HIIT+	BOOTCAMP	BODY PUMP	BOOTCAMP	HYBRID	
6.00AM - 7.00AM						BOOTCAMP
7.00AM - 8.00AM						METCON
9.30AM - 10.30AM		BOOTCAMP		BOOTCAMP		
	<i>AFTERNOON</i>					
5.00PM - 6.00PM	HIIT+	STRENGTH-CON	BOOTCAMP	BOOTCAMP	OPEN GYM	
6.30PM - 7.30PM	BOOTCAMP	HYBRID	WOD	BODY PUMP		