

CLUB CLASS TIMETABLE

TIME	CLASS	VENUE	INSTRUCTOR
MONDAY			
09:00 - 09:45	Legs Bums and Tums	Studio	Kevin
10:30 - 11:15	Full Body Circuit	Studio	Kevin
13:00 - 13:45	BoxFit-Full Body	Studio	Kevin
TUESDAY			
09:30 - 10:00	BoxFit-Full Body	Studio	Kevin
10:30 - 11:00	Upper Body Sculpt Class	Studio	Kevin
11:10 - 11:30	Core Strength	Studio	Kevin
WEDNESDAY			
09:30 - 10:45	Pilates (Not yet available)	Studio	Prabha
10:30 - 11:15	Full Body Circuits	Studio	Kevin
11:25 - 11:45	Abs Focus	Studio	Kevin
13:00 - 13:30	Chair Fitness	Studio	Kevin
THURSDAY			
09:30 - 10:15	Burn 200	Studio	Kevin
10:30 - 11:00	Upper Body Mobility Class	Studio	Kevin
11:15 - 11:45	Small Group Training with Dumbbells - Full Body Workout	Gym	Kevin
FRIDAY			
09:30 - 10:15	BoxFit-Full Body	Studio	Kevin
10:30 - 11:15	Full Body Circuits	Studio	Kevin
13:00 - 13:30	Legs, Bums and Tums	Studio	Kevin
SATURDAY			
08:30-20:00	Open Gym	Gym	N/A
SUNDAY			
08:30-20:00	Open Gym	Gym	N/A