

GO 7 AM

GROUP FITNESS

TIMETABLE

	MON	TUES	WED	THU	FRI	SAT
6.15AM	Jab & Burn Boxing Freddy	Sculpt & Grow Strength Sez	Hyperdrive HIIT Joel	X-Factor HIIT Freddy	Strength Unleashed Freddy	
7.15AM	Strength Unleashed Freddy	Sweats & Smiles HIIT Sez	Active Outdoor Wednesday Freddy	Sculpt & Grow Strength Abdullah		Hyperdrive HIIT Joel

 **CARDIO**
 **STRENGTH**
 **MIND & BODY**

**SCAN HERE FOR
CLASS DESCRIPTIONS
& BOOKINGS**

