

Class Schedule

2023



Time	Mon	Tue	Wed	Thu	Fri
5:30am	Tabata	Strength & 30min cardio	HIIT	Circuit	Weights Circuit
6:15am	Tabata	Strength & 30min TTB	HIIT	Circuit	Weights Circuit
9:15am	Tabata	Strength	HIIT	Circuit	Weights Circuit
4:15pm	Tabata	Strength	HIIT	Circuit	
5:00pm	Tabata	Strength & 30min Stretch 'n' Roll	HIIT	Circuit	
5:45pm	Tabata & Boxing	Strength	HIIT	Circuit	
6:30pm	Tabata	Strength & Run Club	HIIT	Circuit	

Class Schedule 2023



Time	Sat	Sun
6am	Enduro	
7:00am	Tabata	
7:45am	Strength	
8:30am	Tabata	TTB (tummy, thighs, butt)
9:15am		Circuit