

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
06:00	Hybrid (60)	Box/Cardio (30)	Circuit (45)	Box/Cardio (30)	Strength (60)	
06:30		Strength (30)		Strength (30)		
06:45	Power Pilates (30)				Power Pilates (30)	
07:30						Boxfit (45)
09:15	Quickfit - Strong (30)				Quickfit - Cardio (30)	
09:30			Circuit (30)			
17:30	Box/Cardio (30)	Quickfit - Strong (30)	Hybrid (45)			
18:00	Strength (30)					