



SMART FITNESS CLASS TIMETABLE



MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY		SATURDAY		SUNDAY	
6:00-6:30	TABATA - NA	6:00-6:30	6 WK CHALLENGE - JP	6:00-6:30	TABATA - BS	6:00-6:30	6 WK CHALLENGE - AD	6:00-6:30	ABS & CORE - JP	8:00-8:45	MILITARY BOOTCAMP - BS	BOOK EACH CLASS	
EAT SMART		6:30-7:00	ABS & CORE - JP	6:30-7:00	6 WK CHALLENGE - JP	6:30-7:00	BOXING CIRCUITS - TR	EAT SMART		9:00-9:45	RUNNING CLUB - BS	9:00-9:45	FEMALE FITCAMP - NI
9:30-10:15	BODY BLAST - BS	9:30-10:15	BOOTCAMP - JP	9:30-10:15	HIIT CIRCUITS - NR	9:30-10:15	BOOTCAMP - BS	9:30-10:00	HIIT CIRCUITS - BS	9:00-9:45	GET RIPPED - NI	11:00-11:45	FAMILY BOOTCAMP - AD
12:30-1:00	90 / 60 / 30 - JP	12:30-1:00	HIIT CIRCUITS - NR	THINK SMART		12:30-1:00	HIIT CIRCUITS - BS	12:30-1:00	90 / 60 / 30 - BS	10:00-10:30	6 WK CHALLENGE - AD	12:00-12:45	HIIT CIRCUITS - AD
1:00-1:30	TABATA - NR	1:00-1:30	BODY BLAST - NR	1:00-1:30	ABS & CORE - NR	1:00-1:30	BODY BLAST - BS	1:00-1:30	GET RIPPED - BS	11:00-11:45	FAMILY BOOTCAMP - NA		
5:45-6:30	X-FIT - TR	6:00-6:30	TABATA - NI	5:45-6:30	BOUNCE & BURN - NI (Trampoline class)	5:30-6:00	ABS & CORE - NA	TRAIN SMART		6:00-6:30	BOXFIT - TR		
7:00-7:45	HIIT CIRCUITS - NI	7:00-7:45	LIVE DJ BOOTCAMP - JW	7:00-7:45	90 / 60 / 30 - AD	7:00-7:45	GET RIPPED - AD	7:00-7:45	CIRCUITS - NI	8:00-8:45	6 WK CHALLENGE - AD		
8:00-8:45	BODY BLAST - NI	8:00-8:45	BOXFIT - BS	8:00-8:45	CIRCUITS - TR	8:00-8:45	BOXFIT - BS						
9:00-9:30	6 WK CHALLENGE - AD	TRAIN SMART		9:00-9:30	BODY BLAST - TR	9:00-9:30	6 WK CHALLENGE - AD						

JOIN US FOR A 6 WEEK CHALLENGE

10TH SEPTEMBER
5TH NOVEMBER
14TH JANUARY 2019

TRANSFORM WITH US



LIMITED SPACES - BOOK YOUR PLACE FOR EACH CLASS

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