



Weekly Class Schedule



Monday

IBT 0900

**0930 Core Strength
1015 Aqua
1800 Circuits**

Tuesday

7am HIIT

**0900 Circuits
0930 Step
1000 Flow
1800 Spin & Core**

Wednesday

**0900 Power cardio
0930 Sculpt
1015 Aqua
1800 Circuits**

Thursday

**7am Metafit
0930 ETM
1000 Boxfit
1800 LBT**

Friday

7am HIIT

**0930 Circuits
1015 Aqua
1800 Power Cardio**



Notes

**Classes must be booked in via
Fitsense.
Classes may vary depending on
instructor - please keep eyes on
booking system.**