

CLASS TIMETABLE

EFFECTIVE FROM AUGUST 2018



	MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY		SATURDAY		SUNDAY		
	TIME & LOCATION	CLASS	TIME & LOCATION	CLASS	TIME & LOCATION	CLASS	TIME & LOCATION	CLASS	TIME & LOCATION	CLASS	TIME & LOCATION	CLASS	TIME & LOCATION	CLASS	
MORNING 6:00 - 12:00	5:30-6:00 Functional Floor	ABC'S	5:30-6:00 Functional Floor	20:20	5:30-6:00 Functional Floor	CIRCUIT SUICIDE	5:30-6:00 Functional Floor	SCULPT	6:15-7:00 Functional Floor	LBT	6:15-6:45 Functional Floor	CIRCUIT SUICIDE			
	6:00-7:00 Functional Floor	BOXFIT	6:00-6:45 Looping Studio	LOOPING	6:15-7:00 Functional Floor	LBT	6:15-7:00 Functional Floor	SCULPT	7:00-7:45 Looping Studio	LOOPING	7:00-7:45 Looping Studio	LOOPING			
	7:15-8:00 Looping Studio	LOOPING	6:15-7:00 Functional Floor	20:20	7:15-8:00 Looping Studio	LOOPING	7:00-7:45 Looping Studio	LOOPING	7:15-8:00 Functional Floor	BOXFIT	8:15-9:00 Functional Floor	20:20	8:15-9:00 Functional Floor	LBT	
	8:15-8:45 Functional Floor	SHRED	7:15-8:00 Functional Floor	BOXFIT	8:15-8:45 Functional Floor	SHRED	8:00-8:45 Functional Floor	LBT	8:15-9:00 Functional Floor	TFIF	9:15-9:45 Functional Floor	MULTI STRETCH	10:00-10:45 Functional Floor	CIRCUIT SUICIDE	
	9:30-10:00 Functional Floor	MULTI-REP	8:15-9:00 Functional Floor	20:20	9:30-10:00 Functional Floor	CIRCUIT SUICIDE	9:30-10:00 Looping Studio	LOOPING	9:30-10:00 Functional Floor	TFIF			11:00-11:45 Functional Floor	20:20	
			9:30-10:00 Functional Floor	LBT											
											10:15-11:00 Functional Floor	CIRCUIT SUICIDE			
										11:15-12:00 Functional Floor	LBT				
DAYTIME 12:00 - 16:00	12:00-12:30 Functional Floor	MULTI-REP	12:00-12:30 Functional Floor	20:20	12:00-12:30 Functional Floor	CIRCUIT SUICIDE	12:00-12:30 Functional Floor	SCULPT	12:00-12:30 Functional Floor	TFIF	12:15-13:00 Functional Floor	MMA	12:00-12:45 Functional Floor	MULTI-REP	
	12:30-13:00 Functional Floor	MULTI-REP	12:30-13:00 Functional Floor	20:20	12:30-13:00 Functional Floor	CIRCUIT SUICIDE	12:30-13:00 Functional Floor	SCULPT	12:30-13:00 Functional Floor	TFIF	14:15-15:00 Looping Studio	LOOPING	14:15-15:00 Functional Floor	20:20	
											15:30-16:15 Functional Floor	CIRCUIT SUICIDE	15:15-16:00 Looping Studio	LOOPING	
EVENING 17:00 - 21:00	17:30-18:00 Functional Floor	MULTI-REP	18:15-19:00 Functional Floor	BOXFIT	17:30-18:00 Functional Floor	CIRCUIT SUICIDE	18:15-19:00 Functional Floor	SCULPT	17:30-18:00 Functional Floor	SHRED	17:00-17:45 Looping Studio	LOOPING			
	18:15-19:00 Functional Floor	BOXFIT	18:15-19:00 Looping Studio	LOOPING	18:30-19:00 Functional Floor	SHRED	18:15-19:00 Looping Studio	LOOPING	18:15-19:00 Functional Floor	TFIF	18:15-19:00 Functional Floor	20:20			
	19:15-20:00 Looping Studio	LOOPING	19:15 - 20:00 Outdoors	ERYN RUN CLUB	19:15-20:00 Functional Floor	LBT	19:15-20:00 Functional Floor	BOXFIT	19:15-20:00 Looping Studio	LOOPING					
	20:00-20:45 Functional Floor	LBT	20:30 - 21:00 Functional Floor	MULTI STRETCH	20:15-21:00 Looping Studio	LOOPING	20:15-21:00 Looping Studio	LOOPING	19:15-20:00 Functional Floor	ABC'S					
	21:00-21:30 Looping Studio	LOOPING			21:00-21:30 Functional Floor	CIRCUIT SUICIDE			20:00-20:30 Looping Studio	LOOPING					
									20:15-21:00 Functional Floor	TFIF					

- INTERVAL
- CARDIO
- STRENGTH
- MIND/BODY
- EDUCATIONAL
- OPEN WORKOUT
- COMBAT
- LOOPING

CLASSES OPERATE ON A FIRST COME FIRST SERVED BASIS | PLEASE ENSURE YOU TURN UP ON TIME OR YOU MAY BE REFUSED ENTRY
 LOOPING / YOGA BOOKING ONLINE IS A MUST TO SECURE PLACE

THIS TIMETABLE MAY BE SUBJECT TO CHANGE.