



SESSION TIMETABLE

MONDAY

STRENGTH 1
7 - 8AM

**HYBRID
XPRESS CIRCUITS**
8:15 - 8:45AM

STRENGTH 2
7-8PM

THURSDAY

**POWER
PILATES**
6 - 6:45PM

STRENGTH 1
7 - 8PM

TUESDAY

**STRENGTH
SCULPT**
7 - 8AM

**HYBRID
CIRCUITS**
6 - 6:45PM

STRENGTH 3
7-8PM

FRIDAY

BOX HIIT
6 - 6:45AM

STRENGTH 3
7 - 8AM

**HYBRID
XPRESS CIRCUITS**
8:15 - 8:45AM

WEDNESDAY

STRENGTH 2
7 - 8AM

STRENGTH 1
6:15 - 7:15PM

SATURDAY

HYBRID CIRCUITS
9 - 9:45AM

