

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:25am	<b>sprint</b> 30 BOOK	<b>RPM</b> 30 BOOK	<b>GRIT</b> 30 BOOK	<b>sprint</b> 30 BOOK	<b>GRIT</b> 30 BOOK	6:30 - 7:30am <b>SWIM FIT</b>	
5:30am	<b>CIRCUIT</b> 30 BOOK	<b>F POWER</b> 30 BOOK		<b>F MAX</b> 30 BOOK		7:15am <b>RPM</b> 55 BOOK	
5:30 - 8am	<b>SWIM FIT</b>	<b>SWIM FIT</b>	<b>SWIM FIT</b>	<b>SWIM FIT</b>	<b>SWIM FIT</b>	7:30am <b>GRIT</b> 30 BOOK	
6am	<b>F BASE</b> 30 BOOK	<b>GRIT</b> 30 BOOK	<b>F MAX</b> 30 BOOK	<b>F BASE</b> 30 BOOK	<b>sprint</b> 30 BOOK	7:45am <b>F BOX</b> 55 BOOK	
	<b>sprint</b> 30 BOOK		<b>BODYPUMP</b> 30 BOOK	<b>GRIT</b> 30 BOOK		8am <b>BODYATTACK</b> 30 BOOK	
6:15am		<b>RPM</b> 55 BOOK	<b>RPM</b> 30 BOOK	<b>RPM</b> 55 BOOK	<b>metafit</b> 30 BOOK	8:15am <b>sprint</b> 30 BOOK	<b>BODYPUMP</b> 55 BOOK
6:30am		<b>F BASE</b> 30 BOOK	<b>CKWORK</b> 30 BOOK		<b>F BASE</b> 30 BOOK	8:30am	<b>F BASE</b> 45 BOOK
7:45am	<b>F BASE</b> 30 BOOK		<b>F BASE</b> 30 BOOK	<b>F BASE</b> 30 BOOK	<b>F BASE</b> 30 BOOK	8:45am <b>BODYPUMP</b> 55 BOOK	
9 - 10:15am	<b>SWIM FIT</b>	<b>SWIM FIT</b>	<b>SWIM FIT</b>	<b>SWIM FIT</b>	<b>SWIM FIT</b>	9am <b>F BASE</b> 30 BOOK	
9am		<b>sprint</b> 30 BOOK	<b>sprint</b> 30 BOOK	<b>RPM</b> 55 BOOK	<b>RPM</b> 55 BOOK	9:30am	<b>metafit</b> 30 BOOK
9:15am	<b>RPM</b> 55 BOOK	<b>BODYCOMBAT</b> 55 BOOK	<b>BODYATTACK</b> 30 BOOK	<b>BODYPUMP</b> 55 BOOK	<b>HYRAM</b> 45 BOOK	9:45am <b>F BASE</b> 30 BOOK	
	<b>HYRAM</b> 45 BOOK					10am	<b>BOOTBALANCE</b> 55 BOOK
10am	<b>F BASE</b> 30 BOOK	<b>F BASE</b> 30 BOOK	<b>F BASE</b> 30 BOOK		<b>F BOX</b> BOOK	10:15am <b>BOOTBALANCE</b> 55 BOOK	
10:15am	<b>BODYPUMP</b> 30 BOOK	<b>BODYPUMP</b> 55 BOOK	<b>BOOTBALANCE</b> 55 BOOK	<b>YOGA</b> 55 BOOK		4:30pm <b>YOGA</b> 55 BOOK	
10:30am	<b>AQUA FIT</b> 45		<b>AQUA FIT</b> 45		<b>AQUA FIT</b> 45		
10:45am	<b>CKWORK</b> 30 BOOK						
11:30am	<b>F BASE</b> 30 BOOK	<b>F BASE</b> 30 BOOK	<b>F BASE</b> 30 BOOK	<b>F BASE</b> 30 BOOK	<b>F BASE</b> 30 BOOK		
12:00pm	<b>F MAX</b> 30 BOOK	<b>F MAX</b> 30 BOOK		<b>F MAX</b> 30 BOOK			
12:15 - 1:45pm	<b>SWIM FIT</b>	<b>SWIM FIT</b>	<b>SWIM FIT</b>	<b>SWIM FIT</b>	<b>SWIM FIT</b>		
12:15pm	<b>BOOTBALANCE</b> 55 BOOK	<b>YOGA</b> 55 BOOK	<b>sprint</b> 30 BOOK		<b>sprint</b> 30 BOOK		
					<b>BOOTBALANCE</b> 55 BOOK		
4:30pm			<b>metafit</b> 30 BOOK				
5:15pm	<b>metafit</b> 30 BOOK	<b>GRIT</b> 30 BOOK	<b>BODYPUMP</b> 45 BOOK	<b>metafit</b> 30 BOOK	<b>YOGA</b> 55 BOOK		
5:30pm	<b>F BASE</b> 30 BOOK	<b>F BASE</b> 30 BOOK	<b>F BASE</b> 45 BOOK	<b>F MAX</b> 30 BOOK			
5:45pm		<b>sprint</b> 30 BOOK	<b>sprint</b> 30 BOOK	<b>BODYPUMP</b> 30 BOOK			
6:00pm	<b>BODYATTACK</b> 45 BOOK	<b>BODYPUMP</b> 30 BOOK		<b>F BASE</b> 30 BOOK			
6:15pm	<b>F BASE</b> 30 BOOK		<b>GRIT</b> 30 BOOK	<b>CKWORK</b> 30 BOOK			
6:30pm	<b>sprint</b> 30 BOOK	<b>RPM</b> 55 BOOK	<b>F BASE</b> 30 BOOK	<b>sprint</b> 30 BOOK			
		<b>CKWORK</b> 30 BOOK					
7pm	<b>BODYPUMP</b> 45 BOOK		<b>YOGA</b> 55 BOOK	<b>YOGA</b> 55 BOOK			
7:30pm		<b>SWIM FIT</b>		<b>SWIM FIT</b>			

