








### Group Fitness Timetable

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
9.30 am				 Circuit 45min			
10.30 am				 Cycle			
11.30 am							
12.30 pm							
6.00 pm		 Boxing	 Circuit 45min		 Cycle		
7.00 pm			 Ab Blast				

#### Class Etiquette

- ⇒ No entry to class after warm up has commenced.
- ⇒ Ticket to be given to instructor before the class starts.
- ⇒ Participants must use a towel , wear closed in shoes & bring a water bottle.
- ⇒ Advise instructor of any injuries or illness when entering the studio

Please note timetable is correct at time of printing and is subject to change.