







MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
06:15 - 07:15	06:15- 07:15	06:15 - 07:15	06:15 - 07:15	06:15 - 07:15	08:00 - 08:45
FX	FX	FX	FX	FX	PUMP
09:45 10:30	09:45 - 10:30	09:45 - 10:30	09:45 - 10:30	09:45 - 10:30	
LBT	WOD	WOD	PUMP	WOD	
	12:15 - 13:15		12:15 - 13:15		09:00 - 13:00
	CARDIOREVIVE		CARDIOREVIVE		TEAMS
18:00 - 18:45	18:00 - 18:45	18:00 - 18:45			
WOD	WOD	PUMP			
19:00 - 20:00	19:00 - 20:00	19:00 - 20:00	19:00 - 20:00	19:00 -20:00	
FX	FX	FX	WOD	FX	

-  Our signature Functional Fitness Class, preparing you for any event.
-  A daily workout which blends foundation, functional and mobility movements.
-  Specialist cardiac rehab low intensity class, ask for more details.
-  Full body strength class using barbell and weight plates.
-  Lower body & core focused strength & conditioning class.
-  Team training in functional area.

