

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Morning			<b>HIIT</b> 09:30 - 10:00 <b>NEW</b>	<b>Buggy Bootcamp</b> 09:30 - 10:30			<b>Spin</b> 09:00 - 09:30
	<b>Tabata (HIIT)</b> 10:30 - 11:00 <b>NEW</b>	<b>Fit For Life</b> 10:30 - 11:30				<b>Boxcamp</b> 10:00 - 11:00 <b>NEW</b>	<b>Stretch &amp; Tone</b> 10:00 - 10:45 <b>NEW</b>
Evening	<b>Spin</b> 18:00 - 18:30				<b>Ab Blast</b> 18:00 - 18:30		
	<b>Spin</b> 19:15 - 20:00	<b>Bootcamp</b> 19:00 - 20:00	<b>Spin</b> 19:15 - 19:45	<b>Boxercise</b> 19:15 - 20:00	<b>Spin</b> 19:00 - 19:45		