









# GROUP FITNESS TIMETABLE

9th Jan - 2nd April

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
5:45am		 <b>HIIT</b> <b>45</b>	 <b>POWER</b> <b>45</b>			
9:15am		 <b>HIIT</b> <b>30</b>				8:30am  <b>ZUU</b> <b>45</b>
5:45pm	 <b>POWER</b> <b>45</b>		 <b>BOX-FIT</b> <b>30</b>	 <b>HIIT</b> <b>45</b>		
6:30pm			 <b>YOGA</b> + RECOVERY <b>45</b>			

