



CLASS TIMETABLE

AM	MON	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
5.5am		HIIT CONDITIONING STEWART HAEBICH		HIIT CONDITIONING STEWART HAEBICH		
6.00am			BOXING MARNIE AITKINSON			
8.15am						HIIT CONDITINING STEWART HAEBICH

PM	MON	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
6.00pm		BOXING MARNIE ATKINSON		BOXING MARNIE ATKINSON		



SCAN THE QR CODE TO BOOK YOUR SPOT OR SIGN UP TO A CLASSES MEMBERSHIP.