

MON**TUE****WED****THU****FRI****SAT****SUN**06:45/
08:30Functional Training
with RodneyBody Weight
Bootcamp
with CameronCardio & Core
with LynneBody Weight
Bootcamp
with Cameron
(8:30)

09:30

Body Weight
Bootcamp
with BaileyH.I.I.T./L.I.I.T.
with StefanBody Weight
Bootcamp
with CatCardio & Core
with Bailey

11:15

Sit & Get Fit
with Lynne

12:30

Body Weight
Bootcamp
with BaileyCardio & Core
with DanSquash Outdoor
Fitness
with NealFunctional Training
with DanSquash Outdoor
Fitness
with Neal

17:30

Cardio & Core
with JeffBody Weight
Bootcamp
with JeffCardio & Core
with Bailey

18:30

Body Weight
Bootcamp
with CatCardio & Core
with LynneFunctional Training
with Jeff