

LIVE STUDIO ONLINE CLASS TIMETABLE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
FITNESS PILATES	LEG ACTIVATION	FITNESS PILATES	HIIT STRENGTH	LBT TARGET TONING	HIIT
9.30 - 10.15am	11.30am	9.30 - 10.15am	9.30 - 10.15am	Pre-recorded	Pre-recorded
CARDIO CONDITIONING	STRENGTH TRAINING	HIIT CORE BLAST	FITNESS PILATES		
7.30 - 8.15pm	7.00 - 7.45 pm	5.00 - 5.45pm	7.00 - 7.45pm		

OUTDOOR FITNESS BOOTCAMP & TRACK RUNNING FITNESS BOOTCAMP – COMBINING HIIT, STRENGTH & CORE TRACK TRAINING – COMBINING STEADY PACE RUNNING WITH SPRINT WORK

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
STRENGTH & TRACK TRAINING	BOOTCAMP	BOOTCAMP	BOOTCAMP	LBT TARGET TONING	BOOTCAMP
6.30 - 7.30pm Queens Park	9.30 - 10.30am Queens Park	6.00 - 7.00pm Whyteleafe Park	10.00 - 11.00am Queens Park	9.30 - 10.30am Queens Park	8.30 - 9.30am Whyteleafe Park & Queens Park alternating