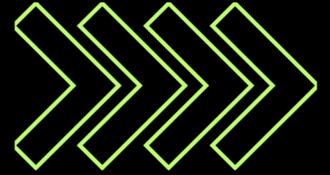




CLASS

SCHEDULE



MONDAY

6:45 am – Cardio Blast
10:00 am – Aquafit
10:00 am – Spin (Standard)
11:00 am – Gold-n-Tone
12:00 pm – Yogalates
7:00 pm – TRX
7:00 pm – Spin (Standard)
8:00 pm – Yogalates

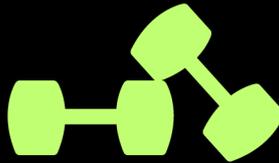


THURSDAY

6:45 am – Kettlebells
10:00 am – TRX
10:00 am – HIIT
11:00 am – Barbell Blast
12:00 pm – Gold-n-Tone
2:00 pm – Yogalates
7:00 pm – Spin (Standard)
8:00 pm – Aquafit
9:00 pm – Yogalates

TUESDAY

6:45 am – Barbell Blast
10:00 am – Cardio Blast
10:00 am – Spin (Coach-by-Colour)
11:00 am – Yogalates
12:00 pm – Gold-n-Tone
7:00 pm – Cardio Blast
8:00 pm – Aquafit
8:00 pm – Kettlebells



FRIDAY

6:45 am – HIIT
10:00 am – Aquafit
10:00 am – Spin (Coach-by-Colour)
11:00 am – Yogalates
7:00 pm – Circuit
8:00 pm – Body Sculpt

WEDNESDAY

6:45 am – Spin (Standard)
10:00 am – Aquafit
10:00 am – Circuit
11:00 am – Yogalates
12:00 pm – Gold-n-Tone
7:00 pm – Barbell Blast
7:00 pm – Intro to Spin
8:00 pm – Spin (Coach-by-Colour)

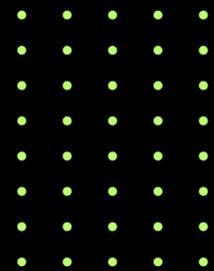


SATURDAY

9:00 am – Spin (Standard)
10:00 am – Kettlebells
11:00 am – Yogalates

SUNDAY

9:00 am – Circuit
10:00 am – TRX
11:00 am – HIIT



BOOK THROUGH THE FITSENSE APP

Additional classes may be added to the app at various times