

Class Timetable

Monday

FIT4LIFE

7:00 AM

9:30 AM

Tuesday

PILATES

9:45 AM

11:00 AM

Wednesday

FIT4LIFE

9:30 AM

Thursday

PILATES

9:45 AM

Friday

FIT4LIFE

7:00 AM

9:30 AM

Saturday

HIIT

9.00AM