

Monday – Fitness Classes	
Time	Session
19:00 – 19:45	HYROX

Tuesday – Fitness Classes	
Time	Session
07:00 – 07:45	HYROX
09:45 – 10:45	Keep Moving
11:00 – 11:45	Legs Bums Tums
12:00 – 12:45	Circuits
19:00 – 19:45	HYROX

Wednesday – Fitness Classes	
Time	Session
19:00 – 19:45	HYROX

Thursday - Fitness Classes	
Time	Session
09:45 – 10:45	Keep Moving
11:00 – 11:45	Legs Bums Tums
12:00 – 12:45	Circuits
19:00 – 19:45	HYROX

Friday – Fitness Classes	
Time	Session
19:00 – 19:45	HYROX