

TIMETABLE

COMMENCING MAY 6TH 2024

	MON	TUE	WED	THU	FRI	SAT
5:45am	HIIT	STRENGTH	CIRCUIT BOXING	STRENGTH & CORE	HIIT	7:00am TOTAL BODY
6:30am	HIIT	STRENGTH	CIRCUIT BOXING	STRENGTH & CORE	HIIT	8:00am
9:30am	HIIT	STRENGTH	CIRCUIT BOXING	STRENGTH & CORE	HIIT	9:00am TOTAL BODY
5:15pm	HIIT				HIIT	
6:00pm	HIIT	STRENGTH	CIRCUIT BOXING	STRENGTH & CORE		



All Boot Camps run for 45min.



Must book online. Please cancel your booking prior if you can't attend.



All members must swipe in upon every visit.



Please bring your own gloves boxing circuit class. Some spares are provided if needed.