# BOOT CAMP TIMETABLE

| | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
|---|---|---|---|---|---|---|
| 5:30AM | PILATES BURN | | | PILATES POWER | PILATES BURN | |
| 5:45AM | HIIT | STRENGTH | BOXING | STRENGTH & CORE | HIIT | |
| 6:30AM | HIIT<br>PILATES BURN | STRENGTH | BOXING | STRENGTH & CORE<br>PILATES POWER | HIIT<br>PILATES BURN | |
| 7:00AM | | | | | | TOTAL BODY |
| 7:30AM | PILATES BURN | | | PILATES POWER | PILATES BURN | |
| 9.00AM | | | | | | TOTAL BODY |
| 9:30AM | HIIT<br>PILATES BURN | STRENGTH | BOXING | STRENGTH & CORE<br>PILATES POWER | HIIT<br>PILATES BURN | |
| 5:00PM | PILATES BURN | PILATES POWER | | | | |
| 5:30PM | HIIT | | | | | |
| 6:00PM | PILATES BURN | STRENGTH<br>PILATES POWER | BOXING | STRENGTH & CORE | | |

Class capacity
36 max

Members must swipe
in every visit

Please bring grip socks
to every pilates session

Please bring your own
boxing gloves
Some spares are available

All sessions run
for 45 min

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

TFS | THE FIT SHOP