

# GROUP FITNESS TIMETABLE

TIME	MON	TUE	WED	THU	FRI	SAT
6:15AM			SWIMFIT			
6:30AM						
8AM						AM:FIT
12PM	PILATES					
12:30PM		ABT DYNAMO		HIIT		
4PM						
5PM					STRENGTH FIT	
5:30PM	YOGA		YOGA			
6PM		BOOT CAMP	BOXFIT			