





















October Timetable



Studio 1

Live Classes

	MON	TUES	WED	THURS	FRI	SAT	SUN
5:45am							
7:30am							
8:30am							
9:30am					MOBILITY		
10:30am							
4:30pm				BOXING			
5:30pm							
6:15pm							

























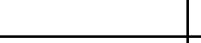








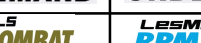





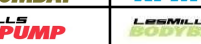






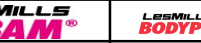










Studio 2

Live Classes

	MON	TUES	WED	THURS	FRI	SAT	SUN
4:30pm		HIIT					
5:30pm		HIIT					

Virtual Classes

ALL VIRTUAL CLASSES ARE HELD
IN STUDIO 1

	MON	TUES	WED	THURS	FRI	SAT	SUN
4:15am						ONDEMAND	ONDEMAND
4:45am							
5:00am							
5:45am							
6:30am							
6:45am							
7:30am							
8:00am							
8:30am							
9:00am							
9:30am							
10:40am							
12:15pm	ONDEMAND	ONDEMAND	ONDEMAND	ONDEMAND	ONDEMAND	ONDEMAND	ONDEMAND
2:00pm							ONDEMAND
3:00pm							
4:00pm							
4:45pm							
5:00pm							
7:00pm							

Reminder: bring a towel & water bottle. Sanitize your equipment before & after use



45 min class

Virtual On Demand to commence from 8pm-4am daily and 12-2pm Monday-Friday, 12-3pm & 6pm onwards on Sundays.

Virtual classes can be selected On Demand throughout these times.



30 min class