












































[@THE-HUB] - Class Timetable

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6	SPIN  6am (45mins) ~ Rich	CIRCMIX  6am (45mins) ~ Rich	SPIN  6am (45mins) ~ Rich	CIRCMIX  6am (45mins) ~ Rich	SPIN/CIRCUIT  6am (45mins) ~ Rich		
7	CIRCMIX  7am (45mins) ~ Rich	SPIN  7am (45mins) ~ Rich	DDP-YOGA  7am (45mins) ~ Rich	SPIN  7am (45mins) ~ Rich	CIRCMIX  7am (45mins) ~ Rich		
8						BOXFIT  8am (45mins) ~ Rich	BODYBURN  8am (45mins) ~ Rich
9	SPIN/CIRCUIT  9:15am (60mins) ~ Di	BODY BLAST  9:30am (60mins) ~ Compass	STRETCH TONE  9:15am (60mins) ~ Di	BODY BLAST  9:30am (60mins) ~ Compass	FUNDAY FRIDAY  9:15am (60mins) ~ Di	POUND FIT  9am (45mins) ~ Rich	DDP-YOGA  9am (60mins) ~ Rich
10						BOOGIE BOUNCE  10am (45mins)	PILATES  10am (60mins) - BB
11					YOGA - TBC  11am (60mins) ~ SWY		
4	RW FitKidz - TBA  4:15pm (45mins) ~ Rich	Mirror Mirror  Performing Arts Academy	RW FitKidz - TBA  4:15pm (45mins) ~ Rich		RW FitKidz - TBA  4:15pm (45mins) ~ Rich		
5	COMBAT  5:15pm (45mins) ~ Compass	4pm - 6pm (2 hours)	SPIN  5:15pm (45mins) ~ Compass		SPIN  5:30pm (30mins) ~ Rich		MIND,BODY & SOUL  inc Tai Chi & Mindfulness 5pm (60mins) ~ Compass
6	SPIN  6pm (45mins) ~ Rich	POUND FIT  6pm (45mins) ~ Rich	BOXFIT  6pm (45mins) ~ Rich	BOOGIE BOUNCE  6pm (45mins)	POUND FIT  6pm (45mins) ~ Rich		
7	BOLLYFIT  7pm (60mins) ~ Pooja	BOOGIE BOUNCE  7pm (45mins)	DDP-YOGA  7pm (60mins) ~ Rich	SPIN  7pm (45mins) ~ Rich			
8	BOXFIT  8pm (45mins) ~ Rich	SPIN  8pm (45mins) ~ Rich	CLUBBERCISE  8pm (60mins) ~ Jac	YOGA  8pm (60mins) ~ SWY			



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