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Fitness Classes, Bootcamp & Personal Training Schedule 2009

Times & Classes are subject to change and availability. Bookings are Essential!

TIME	STUDIO	Mon	Tues	Wed	Thurs	Fri	Sat	Sun
6AM	1					FEVER W/OUT		
	2	B/Camp	ABT	BiCamp	PT	BiCamp		
7AM	2	Circuit	Circuit	PT	PT	Circuit	PT	PT
8AM	1						FLEX STRETCH	FITBALL
	2	PT	PT	PT	PT	PT	PT	PT
9AM	1	FEVER W/OUT			FEVER W/OUT		FEVER W/OUT	FEVER W/OUT
	2	PT	PT	PT	PT	PT	PT	PT
10AM	1	POLE COURSE	FITBALL				POLE COURSE	POLE COURSE
	2	PT	PT	PT	PT	PT	PT	PT
11AM	1	FEVER W/OUT					FEVER TEASER	ABT
	2	PT	PT	PT	PT	PT	PT	PT
12PM	1						POLE COURSE	POLE COURSE
1PM	1	PT	PT	PT	PT	PT	FUNCTIONS	
2PM	2	PT	PT	PT	PT	PT		
3PM	2	PT	PT	PT	PT	PT		
4PM	1							
	2	PT	PT	PT	PT	PT		
5PM	2	KICK BOXING	PT	PT	PT	PT		
5:30pm	1	FITBALL	ABT	FITBALL	FEVER W/OUT	FEVER W/OUT		
6PM	2	B/Camp	Circuit 6:30pm	BiCamp	BiCamp	POLE COURSE		
6:30pm	1	FEVER W/OUT	SPIN OR FEVER	FEVER W/OUT	FEVER W/OUT			
7PM	2	PT	PT	PT	PT			
7:15pm	1	POLE COURSE	POLE COURSE	BELLY COURSE	ABT			
8PM	1	PT	PT	PT	PT			
	2							
8:15pm	1	POLE COURSE	POLE COURSE	POLE COURSE	POLE COURSE			