

GROUP PT & CARDIO TIMETABLE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
6.15am GROUP PT - GYM	6.15am GROUP PT - STUDIO	6.15am GROUP PT - GYM	6.15am GROUP PT - STUDIO	7.15am CARDIOBOX	7am GROUP PT - STUDIO
6.15am CARDIOBOX	6.15am GROUP PT - GYM	6.15am CARDIOBOX	6.15am GROUP PT - GYM	8am GROUP PT - GYM	8am CARDIOCIRCUIT
7am GROUP PT - STUDIO	7.15am CARDIOBOX	7am GROUP PT - STUDIO	7.15am CARDIOHIIT	9am CARDIOCIRCUIT	8.30am CARDIOCIRCUIT
9am CARDIOBOX	9.30am GROUP PT - STUDIO	9am CARDIOBOX	9.30am GROUP PT - STUDIO	9.45am GROUP PT - STUDIO	9.15am GROUP PT - GYM
9.45am GROUP PT - STUDIO	10.30am CARDIOBOX	9.45am GROUP PT - GYM	10.30am CARDIOBOX	10.45am PILATES / STRETCH	10.30am GROUP PT - STUDIO
5.30pm CARDIOBOX	5.45pm GROUP PT - STUDIO	5.30pm CARDIOHIIT	5.45pm GROUP PT - STUDIO	4.45pm CARDIOBOX	Group PT (45mins) Cardio (30mins) Pilates / Stretch (45mins)
6.15pm CARDIOBOX	6.45pm CARDIOCIRCUIT	6.15pm CARDIOBOX	6.45pm CARDIOHIIT	5.30pm PILATES / STRETCH	
6.45pm GROUP PT - GYM	6.45pm GROUP PT - GYM	6.15pm GROUP PT - GYM	6.45pm GROUP PT - GYM	6.45pm GROUP PT - GYM	
7pm GROUP PT - STUDIO	7.30pm CARDIOBOX	7pm GROUP PT - STUDIO	7.30pm CARDIOCIRCUIT	7pm GROUP PT - STUDIO	