

# CLASS TIMETABLE

	Morning	Lunchtime	Evening	
Monday	7am <b>HIIT Fit</b> Matty	9.30am <b>AB Attack</b> Matty	6pm <b>CYC Fit</b> Jo Beth	
Tuesday		9.30am <b>LBT</b> Jo Beth	1.30pm <b>AQUA</b> With Monica	6pm <b>CYC Fit</b> Matty
Wednesday		9.30am <b>Circuits</b> Matty	6pm <b>CYC Fit</b> Matty	7pm <b>HIIT Fit</b> Matty
Thursday		11am <b>CYC Fit</b> Jo Beth	6pm <b>CYC Fit</b> Beginners Jo Beth	
Friday		10am <b>Box Fit</b> Jo Beth	12 noon <b>AQUA</b> Jo Beth	6pm <b>Circuits</b> Matty
Saturday	10am <b>CYC Fit</b> Beginners Jo Beth	11am <b>Kettlebells</b> Jo Beth	12 noon <b>AB Attack</b> Jo Beth	
Sunday		10.30am <b>Boot Camp</b> Matty		