



Timetable



	Mon	Tues	Wed	Thurs	Fri	Sat	Sun
6:15am	Bootcamp	BoxFit	Bootcamp	Bootcamp	MetCon		
7:15am	MetCon	Bootcamp	Bootcamp	Bootcamp	Bootcamp		
8:00am	Open Gym	Open Gym	Open Gym	Open Gym	Open Gym	BoxFit	
9:00am					Open Gym	MetCon	Bootcamp
9:15am	MetCon	Build & Burn	Bootcamp	Bootcamp	Open Gym		
10:00am					Bootcamp	Bootcamp	Bootcamp
10:15am	Bootcamp	Bootcamp	Build & Burn	MetCon			
11:00am	Open Gym	Open Gym	Open Gym	Open Gym	Pilates	Bootcamp	Build & Burn
12:15pm	Bootcamp	Bootcamp	Bootcamp	Bootcamp	Bootcamp		Pilates (12pm)
4:15pm	Bootcamp		Bootcamp	MetCon	Bootcamp		
5:15pm	Bootcamp	Bootcamp	Open Gym	Bootcamp	Bootcamp		
6:15pm	Bootcamp	Bootcamp	Bootcamp	Bootcamp	Bootcamp		
7:15pm	Bootcamp	Open Gym	Bootcamp	BoxFit	MetCon		
8:15pm	Open Gym	Bootcamp	Yoga	Build & Burn			