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| --- | --- | --- | --- | --- | --- |
| **SPIN**  **6:45AM**  **30 MINS** | **FUNCTIONAL FITNESS**  **6:45AM**  **30 MINS** | **LBT BLAST**  **6:45AM**  **30 MINS** | **HIIT**  **6:45AM**  **30 MINS** | **CORE**  **6:45AM**  **30 MINS** | **BOOTCAMP**  **9:00AM**  **60 MINS** |
| **SPIN**  **5:30PM**  **30 MINS** | **CIRCUIT**  **5:45PM**  **45 MINS** | **PILATES**  **5:20PM**  **40 MINS** | **DANCE FIT**  **5:30PM**  **45 MINS** | **WEIGHT’S CIRCUIT**  **5:30PM**  **45 MINS** |  |
| **ENDURANCE CIRCUIT**  **6:30PM**  **60 MINS** | **LBT**  **6:30PM**  **40 MINS** | **BATTLEROPES**  **6:30PM**  **60 MINS** | **KETTLEBELLS**  **6:20PM**  **40 MINS** |  |  |

