

Class Timetable

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
06:15am - 06:45am BOOTCAMP	06:15am - 07:00am SPINNING	06:15am - 07:00am HIIT LIFTING	06:15am - 06:45am BOOTCAMP	06:15am - 07:00am CIRCUITS	06:15am - 07:00am BOOTCAMP
07:00am - 07:20am ABS	07:15am - 07:45am STRENGTH & STRETCH	07:15am - 07:45am STRETCH CLASS	07:15am - 07:30am VIRTUAL YOGA	07:15am - 07:45am ABS/ STRENGTH	09:00am - 10:00am YOGA
09:30am - 10:00am LBT	09:30am - 10:00am CIRCUITS	09:00am - 09:30am CIRCUITS	09:00am - 09:30am CIRCUITS	09:00am - 09:30am LBT	10:15am - 10:45am LBT
12:00pm - 12:30pm VIRTUAL LES MILLS	01:00pm - 02:00pm YOGA	12:00am - 12:30am ABS	12:00pm - 12:30pm SPINNING	12:00pm - 12:30pm VIRTUAL LES MILLS	11:00am - 11:30am ABS
06:30pm - 07:00pm CIRCUITS	06:00pm - 06:30pm BODYWEIGHT HIIT	06:30pm - 07:00pm CITCUITS	07:00pm - 07:30pm ABS		
07:15pm - 07:45pm LBT	07:00pm - 07:50pm CIRCUITS	07:15pm - 07:45pm LBT	07:45pm - 08:15pm BODYWEIGHT HIIT		

To book a class, email hiit-fitness@gmail.com and you will receive a confirmation securing your place.