

TIMES	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>Our opening hours are Monday - Friday 6am - 8pm</p> <p>Class times are 7am, 10am and 7pm</p>	<p>7am: 5 x 5 Drills</p> <p>10am: HIIT Class</p> <p>7pm: Active Recovery</p>	<p>7am: Sprint Focus Class</p> <p>10am: 30min Blast</p> <p>7pm: HIIT Class</p>	<p>7am: 30min Blast</p> <p>10am: 5 x 5 Drills</p> <p>7pm Endurance Focus Class</p>	<p>7am: Active Recovery</p> <p>10am: HIIT Class</p> <p>7pm: Sprint Focus Class</p>	<p>7am: 30min Blast</p> <p>10am: Active Recovery</p> <p>7pm: Endurance Focus Class</p>