







MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
06:15 - 07:15	06:15- 07:15	06:15 - 07:15	06:15 - 07:15	06:15 - 07:15	08:00 - 08:45
FX	FX	FX	FX	FX	PUMP
09:45 10:30	09:45 - 10:30	09:45 - 10:30	09:45 - 10:30	09:45 - 10:30	
LBT	WOD	WOD	PUMP	WOD	
	12:15 - 13:15		12:15 - 13:15		
	CARDIOREVIVE		CARDIOREVIVE		
18:00 - 18:45	18:00 - 18:45	18:00 - 18:45			
WOD	WOD	PUMP			
19:00 - 20:00	19:00 - 20:00	19:00 - 20:00	19:00 - 20:00	19:00 -20:00	
FX	FX	FX	WOD	FX	
20:00 - 21:00		20:00 - 21:00		20:00 - 21:00	
FOUNDATION		FOUNDATION		FOUNDATION	

-  Our signature Functional Fitness Class, preparing you for any event
-  A daily workout which blends foundation, functional and mobility movements
-  Taking you from brand new to FX ready over a 4 week period
-  Specialist cardiac rehab low intensity class, ask for more details
-  Full body strength class using barbell and weight plates
-  Lower body & core focussed strength & conditioning class

