

class timetable

MONDAY

7.00PM – CYCLE

TUESDAY

6.00AM – BOXING

5.30PM – CARDIO

6.00PM – CIRCUIT

WEDNESDAY

6.00AM CARDIO

FRIDAY

6.00AM BOXING

SATURDAY

7.30AM CYCLE

8.00AM CIRCUIT

SUNDAY

8.45AM CIRCUIT

9.30AM CARDIO