















Motivation/Group Fitness Wk 1

Time\Days						
Monday	 6am		 6pm			 7.30pm Boxing
Tuesday	 9.30am		 1pm		 4.30pm	 7.30pm Zumba
Wednesday	 7.15am		 6pm			
Thursday	 10.30am		 4pm			 7.30pm Boxing
Friday	 10am		 6pm			
Saturday	 11.30				Yoga	 2pm

Motivation/Group Fitness Wk 2

Time\Days						
Monday	 10am		 3.30			 Boxing 7.30pm
Tuesday	 10.30am		 2pm		 6pm	 7.30pm Zumba
Wednesday	 8am		 4.30			
Thursday	 11.30am		 4pm			 Boxing 7.30pm
Friday	 12pm		 5.30			
Saturday	 10ams				Yoga  2pm	