



MONDAY      TUESDAY      WEDNESDAY      THURSDAY      FRIDAY      SATURDAY      SUNDAY

06:00 AM

**HIIT60**

**HIIT60**

**HIIT60**

**M** GROUP CENTERGY

**HIIT60**

08:30 AM

**BOXING**

09:00 AM

**M** GROUP CENTERGY

09:30 AM

**M** GROUP ACTIVE

**BODY TECH 45**

**CORE30**

05:15 PM

**M** GROUP ACTIVE

05:30 PM

**M** R30

**M** R30

**HIIT30**

**HIIT30**

06:05 PM

06:15 PM

**HIIT45**

**HIIT30**

**M** GROUP ACTIVE

06:30 PM

**M** GROUP CENTERGY

07:05 PM

