



Group Training Timetable June 2020

	MON	TUE	WED	THU	FRI	SAT
6am	GymCircuit w/Andrea		BodyTONE w/Jo		BoxFIT w/Andrea	
9.30am	GymCircuit w/Danni	BodyTONE w/Andrea	GymCircuit w/Andrea	BoxFIT w/Andrea	GymCircuit w/Jade	8am ONLINE Yoga-lates w/Andrea
10am						9am BoxFIT / BodyTONE COMBO 2 Groups 30min ea w/ Andrea
10:15am						
10:30am						
5.30pm		HIIT / CORE-lates COMBO 2 Groups 30min ea w/ Jo & Andrea	GymCircuit w/Melanie			SUN
5:45pm	BoxFIT / BodyTONE COMBO 2 Groups 30min ea w/ Jade & Melanie			BoxFIT / BodyTONE COMBO 2 Groups 30min ea w/ Andrea		Closed
6pm						
6:15pm						
6.30pm						
6:45pm						
7.00pm						