

Class Timetable

6:00PM
50 MINUTES

TUESDAY
BOOTCAMP

ALFIE

7:00PM
30 MINUTES

TUESDAY
AB CLASS

ALFIE

6:00PM
50 MINUTES

WEDNESDAY
FULL BODY STRENGTH

ALFIE

7:00PM
30 MINUTES

WEDNESDAY
HIIT

ALFIE

PLEASE SPEAK TO RECEPTION TO SIGN UP!