

WEEKLY

TIMETABLE



5.45AM

7.00AM

NEW
3.30PM

5.30PM

6.45PM

MONDAY

STRONG ROOM

STRONG

STRONG

BASE

STRONG

STRONG

FUNCTIONAL ROOM

BEAT

HYBRID

TUESDAY

STRONG ROOM

STRONG

STRONG

STRONG

RUNNERS
STRENGTH

RUNNERS
STRENGTH

FUNCTIONAL ROOM

HYBRID

HYBRID

BEAT

WEDNESDAY

STRONG ROOM

STRONG

STRONG

STRONG

STRONG

FUNCTIONAL ROOM

BEAT

BEAT

HYBRID

HYBRID

THURSDAY

STRONG ROOM

STRONG

STRONG

STRONG

RUNNERS
STRENGTH

RUNNERS
STRENGTH

FUNCTIONAL ROOM

HYBRID

HYBRID

BEAT

FRIDAY

STRONG ROOM

STRONG

STRONG

BASE

STRONG

FUNCTIONAL ROOM

BEAT

SATURDAY

STRONG ROOM

STRONG

FUNCTIONAL ROOM

HYBRID

SUNDAY

STRONG ROOM

FUNCTIONAL ROOM

BEAT

OPEN ON SUNDAYS 8AM TO 12PM