

CLASS SCHEDULE



Monday		Tuesday		Wednesday	
5:30am	TITAN	5:30am	IRIDIUM	5:30am	AB SHRDDER
6:15am	TITAN	6:15am	IRIDIUM	6:15am	AB SHRDDER
7:00am	TITAN	7:00am	IRIDIUM	7:00am	AB SHRDDER
9:15am	TITAN	9:15am	IRIDIUM	9:15am	AB SHRDDER
4:45pm	BOXFIT	4:45pm	IRIDIUM	4:45pm	PILATES
		5:30pm	IRIDIUM	5:30pm	PILATES

Thursday		Friday			Saturday	
5:30am	STEEL	5:30am	MERCURY	ALPHAS	6:45am	RUN CLUB
6:15am	STEEL	6:15am	MERCURY	ALPHAS	8:15am	CARBON
7:00am	STEEL	7:00am	MERCURY	ALPHAS	9:15am	RECOVERY
9:15am	STEEL	9:15am	MERCURY			
4:45pm	ABT					

Don't forget, you must book in!
Class bookings close 30 mins
before class start time.