

TIMETABLE

CAMPERDOWN

HIIT YOGA
BOXING & MORE

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
MORNING CLASSES	5:30 - 6:15 STRENGTH	5:30 - 6:15 HYBRID	5:30 - 6:15 CONDITIONING	5:30 - 6:15 STRENGTH			
	6:15 - 7:00 STRENGTH	6:15 - 7:00 HYBRID	6:15 - 7:00 CONDITIONING	6:30 - 7:15 STRENGTH	6:00 - 6:45 HYBRID		
		7:00 - 7:45 HYBRID			7:00 - 7:45 HYBRID	7:00 - 7:45 SUPER SATURDAY	
LUNCH CLASSES						8:00 - 8:45 SUPER SATURDAY	9:00 - 9:45 BOXING
	12:15 - 1:00 STRENGTH	12:15 - 1:00 HYBRID	12:15 - 1:00 CONDITIONING	12:15 - 1:00 STRENGTH	12:15 - 1:00 HYBRID		10:00 - 11:00 VINYASA YOGA
EVENING CLASSES							
	5:00 - 5:45 STRENGTH	5:00 - 5:45 BOXING		5:00 - 5:45 STRENGTH	5:00 - 5:45 HYBRID		
	6:00 - 6:45 STRENGTH	5:45 - 6:30 HYBRID	5:45 - 6:30 CONDITIONING	5:45 - 6:30 STRENGTH			
	7:00 - 8:00 VINYASA YOGA	6:30 - 7:15 HYBRID	6:30 - 7:15 CONDITIONING	6:30 - 7:15 BOXING			
		7:15 - 8:15 VINYASA YOGA					

CONTACT US

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ADDRESS

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