

SPRING 2019 GROUP EX TIMETABLE

Next 30 Day Challenge Begins Nov 4th (30DY)

MONDAY 8AM-8PM	TUESDAY 8AM-8PM	WEDNESDAY 8AM-8PM	THURSDAY 8AM-7.15PM	FRIDAY 8AM-7PM	SATURDAY 8AM-NOON	SUNDAY 24 HR ACCESS
6.05am 30DY	6.05am Cycle 45 6.05 30DY	6.05am Body Pump	6.05am 30 DY	6.05am Yoga	7.30am 30DY 8.30am Cycle/Sprint	
9.30am BodyBalance	9.30am BodyPump 60	9.30am W.O.D 45 30 DY	9.30am Combat	9.20am CXworx	9.05am Body Pump	9.30am CXworx
		10.20 Yoga for Wellness		10.00am BodyPump	10.05am Body Balance	10.05am Yoga
5.30pm Step 40	5.25pm Cycle /Sprint	5.30pm Pump EXP 30	5.15pm Balance EXP	5.45pm BodyBalance		
5.40pm Metafit gym 6.05 30DY	5.40 OTM45 5.40 30DY 6.00 CXworx	5.40pm 30DY	5.45pm SPRINT Cycle 5.40 30DY			
6.15pm Body Pump	6.30 YOGA General	6.05pm Attack45	6.15pm BodyPump45			
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