

SPRING 2019 GROUP EX TIMETABLE

Sprint into Summer 30 Day Challenge 4 Nov - 2 Dec

MONDAY
8AM-8PM

TUESDAY
8AM-8PM

WEDNESDAY
8AM-8PM

THURSDAY
8AM-7.15PM

FRIDAY
8AM-7PM

SATURDAY
8AM-NOON

SUNDAY
24 HR ACCESS

9.30am
BodyBalance

6.05am
Cycle 45
6.05 30DY

9.30am
BodyPump
60

6.05am
Body Pump

9.30am
W.O.D 45
9.30 30 DY

10.20 Yoga
for Wellness

6.05am
30 DY

9.30am
Combat

6.05am
Yoga

9.20am
CXworx

10.00am
BodyPump

7.30am 30DY
8.30am
Cycle/Sprint

9.05am
Body Pump

10.05am
Body Balance

9.30am
CXworx

10.05am
Yoga

5.30pm
Step 40

5.30pm
Metafit gym
6.00 30DY

6.15pm
Body Pump

5.25pm
Cycle /Sprint

5.40 OTM45
5.40 30DY
6.00 CXworx

6.30 YOGA
General

5.30pm
Pump EXP 30

6.10pm 30DY
Outside

6.05pm
Attack45

5.15pm
Balance EXP

5.45pm
Cycle
5.40 30DY

6.15pm
BodyPump45

5.45pm
BodyBalance



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