

GROUP FITNESS TIMETABLE

EFFECTIVE MONDAY 4 FEBRUARY 2019

MONDAY 8AM-8PM	TUESDAY 8AM-8PM	WEDNESDAY 8AM-8PM	THURSDAY 8AM-8PM	FRIDAY 8AM-7PM	SATURDAY 8AM-NOON	SUNDAY 24 HR ACCESS
6.00am OTM45 On gym floor		6.05am Body Pump45		6.05am Yoga	8.30am Cycle/Sprint	
9.30am CXworx	9.30am Body Pump	9.30am W.O.D 45	9.30am Combat	9.30am Body Pump	9.05am Body Pump	9.30am CXworx
10.05am Body Balance		10.20am Wellness Yoga			9.15am BARRE studio 2	10.05am Yoga
5.30pm CYCLE	5.30pm Combat 45	5.30pm Attack 45	5.30pm SPRINT Cycle			
6.05pm Body Pump	5.40pm OTM45 On gym floor	5.45pm BARRE 45 studio 2	6.05pm Body Pump			
	6.20pm Yoga	6.20pm CXworx				



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