

Gym Timetable 2018

All classes 45 minutes unless stated



	MORNING CLASSES				EVENING CLASSES		
MONDAY	Indoor Cycling 06.30 - Matt	Body Conditioning 09.30 Matt/Vitalie	Indoor Cycling 10.15 - Matt		Indoor Cycling 17.30 - Rebecca	Body Conditioning 18.15 - Rebecca	Circuits 19.00 - Sian
TUESDAY	Bootcamp Circuits 06.30 - Matt	H.I.I.T 07.15 - Matt (30mins)	Boxfit 09.30 - Matt	H.I.I.T 10.15 - Matt	Core Conditioning 17.30 - Sian	H.I.I.T 18.15 - Sian	Boxfit 19.00 - Sian
WEDNESDAY	Boxfit 06.30 - Sian	H.I.I.T 09.30 - Sian	Indoor Cycling 10.15 FitnessTeam		TRX 17.30 - Matt	Indoor Cycling 18.15 - Matt	H.I.I.T 19.00 Donald/Vitalie
THURSDAY	H.I.I.T 06.30 - Donald (30mins)	Body Conditioning 07.15 - Donald	Boxfit 09.30 - Donald	H.I.I.T 10.15 Donald	Body Conditioning 17.30 - Rebecca	Indoor Cycling 18.15 - Rebecca	Boxfit 19.00 - Sian
FRIDAY	Indoor Cycling 06.30 Matt/Donald	TRX 09.30 - Matt/Donald			H.I.I.T 18.00 Fitness Team	Indoor Cycling 18.00 Fitness Team	
SATURDAY		Legs, Bums & Tums 09.00 - Sian/Vitalie	Indoor Cycling 10.00 - Rebecca				
SUNDAY		H.I.I.T 09.00 - Matt/Donald	Indoor Cycling 10.00 - Matt/Donald				

What are you waiting for?

www.aukhealth.com

