



STUDIO TIMETABLE

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5-6am							
6-7am							
7-8am						Bootcamp+Box 7-8*	
8-9am						Boxercise+Boot 8-9*	
9-10am	CircHIIT 9.30-10.15	Boxercise 9.30-10.15	CircHIIT 9.30-10.15	HIIT+Core 9.30-10.15		Core 9-9.30	
10-11am	Core 10.15-10.45	Bootcamp 10.30-11.15	Boxercise 10.30-11.15		HIIT 10.30-11.00		
11-12pm	Stretch 10.45-11.15	Core 11.15-11.45	Bootcamp 11.30-12.15		Core 11-11.30		
12-1pm					Stretch 11.30-12.00		
1-2pm							
2-3pm							
3-4pm							
4-5pm							
5-6pm	Core 5.45-6.15	Bootcamp 5.45-6.30	HIIT 5.45-6.15	Boxercise 5.45-6.30			
6-7pm	Boxercise 6.30-7.15	HIIT 6.45-7.15	Core 6.15-6.45	Core 6.30-7.00			
7-8pm	CircHIIT 7.30-8.15	Core 7.15-7.45	Boxercise 7-7.45	Bootcamp 7.15-8.00			
8-9pm	Stretch 8.15-8.45			Stretch 8-8.30			

*Sessions will alternate each week