

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
KettleFit Circuit	KettleFit Strength	KettleFit Performance	KettleFit Strength	KettleFit Circuit	KettleFit Performance
6:00am	6:00am	6:00am	6:00am	6:00am	7:00am
7:00am	7:00am	7:00am	7:00am	7:00am	8:15am
9:30am	9:30am	9:30am	9:30am	9:30am	9:30am
12:30pm*	12:30pm*	12:30pm*	12:30pm*	12:30pm*	
5:30pm	5:30pm	5:30pm	5:30pm	5:30pm	
6:30pm	6:30pm	6:30pm	6:30pm		

** denotes a lunch time express class (approximately 30mins)*

For studio enquiries, contact Lucy on 0438 011 275