



Thursday 27th of December

10am	HIIT	S1+S2	30m
1pm	Box Fit	S1+S2	45m
4PM	Functional Training	Gym Floor	45m

Friday 28th of December

10am	Box Fit	S1+S2	45m
1pm	Functional Training	Gym Floor	45m
4PM	Spin	SS	45m

Saturday 29th of December

10am	Bootcamp	SH	45m
10:50am	Spin	SS	45m
11:45am	Les Mills BodyBalance	S1+S2	45m

Sunday 30th of December



11am	Spin HIIT	SS	30m
11:35am	Abs Blast	S1+S2	30m
12:15PM	Les Mills BodyBalance	S1+S2	60m

Monday 31st of December

10am	Les Mills BodyPump	S1+S2	30m
10:50am	Les Mills BodyBalance	S1+S2	45m
11:45am	Functional Training	Gym Floor	45m

Merry Fitmas from SPORTSCO

