

CLASSES

MONDAY

FORTITUDE 41
6.00-6.45

FORTITUDE 41
7.00-7.45

FEROCITY 41
11.00-11.45

FORTITUDE 41
19.00-19.45

TUESDAY

RIG 41
6.00-6.45

ASSAULT 41
11.00-11.45

FEROCITY 41
19.00-19.45

WEDNESDAY

ASSAULT 41
6.00-6.45

ASSAULT 41
7.00-7.45

FORTITUDE 41
11.00-11.45

ASSAULT 41
19.00-19.45

THURSDAY

FORTITUDE 41
6.00-6.45

FEROCITY 41
11.00-11.45

FORTITUDE 41
18.00-18.45

FORTITUDE 41
19.00-19.45

FRIDAY

FEROCITY 41
6.00-6.45

ASSAULT 41
11.00-11.45

RIG 41
19.00-19.45

SATURDAY

FORTITUDE 41
8.00-8.45

FITT CLUB 41
9.00-9.45

RESTORATION 41
10.00-10.45

OPEN GYM
12.00-15.00

SUNDAY

ASSAULT 41
9.00-9.45

FORTITUDE 41
10.00-10.45

RESTORATION 41
11.00-11.45

OPEN GYM
12.00-15.00

CLASSES SUBJECT TO CHANGE
FOLLOW US ON FACEBOOK & INSTAGRAM
TO KEEP UP TO DATE WITH TIMETABLE CHANGES

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RESULT DRIVEN TRAINING

