

GROUP CLASSES - MONTH OF MARCH & APRIL 2018

DATE	DAY	SESSION	TIMING
20-Mar	TUESDAY		
21-Mar	WEDNESDAY	CIRCUIT	19:00hrs- 20:00hrs
22-Mar	THURSDAY		
23-Mar	FRIDAY		
24-Mar	SATURDAY	STEPPER	19:00-20:00hrs
25-Mar	SUNDAY	HIIT	7:00-8:00hrs
26-Mar	MONDAY	CIRCUIT	19:00-20:hrs
27-Mar	TUESDAY	STEPPER	7:00-8:00hrs
28-Mar	WEDNESDAY	HIIT	19:00-20:00hrs
29-Mar	THURSDAY	CIRCUIT	7:00-8:00hrs
30-Mar	FRIDAY		
31-Mar	SATURDAY	STEPPER	19:00-20:00hrs
1-Apr	SUNDAY	HIIT	7:00-8:00hrs
2-Apr	MONDAY	CIRCUIT	19:00-20:00hrs
3-Apr	TUESDAY	STEPPER	7:00-8:00hrs
4-Apr	WEDNESDAY	HIIT	19:00-20:00hrs
5-Apr	THURSDAY	CIRCUIT	7:00-8:00hrs
6-Apr	FRIDAY		
7-Apr	SATURDAY	STEPPER	19:00-20:00hrs
8-Apr	SUNDAY	HIIT	7:00-8:00hrs
9-Apr	MONDAY	CIRCUIT	19:00-20:00hrs
10-Apr	TUESDAY	STEPPER	7:00-8:00hrs
11-Apr	WEDNESDAY	HIIT	19:00-20:00hrs
12-Apr	THURSDAY	CIRCUIT	7:00-8:00hrs
13-Apr	FRIDAY		
14-Apr	SATURDAY	STEPPER	19:00-20:00hrs
15-Apr	SUNDAY	HIIT	7:00-8:00hrs
16-Apr	MONDAY	CIRCUIT	19:00-20:00hrs
17-Apr	TUESDAY	STEPPER	7:00-8:00hrs
18-Apr	WEDNESDAY	HIIT	19:00-20:00hrs
19-Apr	THURSDAY	CIRCUIT	7:00-8:00hrs
20-Apr	FRIDAY		
21-Apr	SATURDAY	STEPPER	19:00-20:00hrs
22-Apr	SUNDAY	HIIT	7:00-8:00hrs
23-Apr	MONDAY	CIRCUIT	19:00-20:00hrs
24-Apr	TUESDAY	STEPPER	7:00-8:00hrs
25-Apr	WEDNESDAY	HIIT	19:00-20:00hrs
26-Apr	THURSDAY	CIRCUIT	7:00-8:00hrs
27-Apr	FRIDAY		
28-Apr	SATURDAY	STEPPER	19:00-20:00hrs
29-Apr	SUNDAY	HIIT	7:00-8:00hrs
30-Apr	MONDAY	CIRCUIT	19:00-20:00hrs