

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Ketttlercise Combat™ 6:15 - 7:00am Warden Park Primary Mike	Cardio Blast 6:15 - 6:55am Warden Park Primary Mike	Clash 6:15 - 6:45am Warden Park Primary Mike	Classic Cardio Blast 30 6:15 - 6:45am Warden Park Primary Mike	Circuits 6:15 - 6:55am Warden Park Primary Mike	Insanity™ 8:00 - 8:50am Warden Park Primary Mike
Clash 9:15 - 9:45am United Services Club Mike	Ketttlercise™ 9:15 - 10:00am Scaynes H Millennium Centre Mike	Ketttlercise Combat™ 9:15 - 10:00am United Services Club Mike	Cardio Blast 9:15 - 9:55am Scaynes H Millennium Centre Mike	Combat Fit 9:15 - 9:45am United Services Club Neil	Body Fit 9:00 - 9:30am St Francis Social Club Neil
PiYo 30™ 9:45 - 10:15am United Services Club Mike	Classic Cardio Blast 30 10:00 - 10:30am Scaynes H Millennium Centre Mike	Metafit™ 10:00 - 10:30am United Services Club Mike	Ketttlercise MX 10:00 - 10:30am Scaynes H Millennium Centre Mike	PiYo 30™ 9:45 - 10:15am United Services Club Mike	Ketttlercise™ 9:00 - 9:45am Warden Park Primary Mike
Metafit™ 1:30 - 2:00pm United Services Club Lucy	Total Blast 1:30 - 2:00pm United Services Club Lucy	Cardio Blast 30 6:00 - 6:30pm Warden Park Primary Mike	Ketttlercise Combat 30™ 6:00 - 6:30pm United Services Club Mike	Metafit™ 1:30 - 2:00pm United Services Club Lucy	Ab Fit 9:30 - 10:00am St Francis Social Club Neil
Combat Fit 6:00 - 6:30pm United Services Club Neil	Fusion Fit 6:00 - 6:30pm Warden Park Primary Neil	Combat Fit 6:30 - 7:00pm Warden Park Primary Neil	Dance Fit 6:30 - 7:20pm United Services Club Neil	Metafit™ 6:30 - 7:00pm Albemarle Centre Oathall Mike	Dance Fit 10:00 - 10:50am St Francis Social Club Neil
Body Fit & Abs 6:30 - 7:15pm United Services Club Neil	Dance Fit 6:30 - 7:20pm Warden Park Primary Neil	Ketttlercise 30 ™ 7:00 - 7:30pm Warden Park Primary Mike	Clash 7:20 - 7:50pm United Services Club Mike	No Booking Required! FREE 7 Day Guest Pass To All New Clients... Join The PT For Health Community...	
Ketttlercise™ 6:45 - 7:30pm Warden Park Primary Mike	Metafit™ 6:45 - 7:15pm St Francis Social Club Lucy	Yoga™ 7:30 - 8:15pm Warden Park Primary Georgia			
PiYo™ 7:30 - 8:15pm United Services Club Lucy	Box 30 7:30 - 8:00pm Warden Park Primary Lucy				
Insanity™ 7:30 - 8:20pm Warden Park Primary Mike	PiYo 30™ 8:00 - 8:30pm Warden Park Primary Lucy				



Timetable Live From
Jan 1st 2020