

CLASS



NOLIMITSGYM

TIMETABLE

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
7.30-8.00am 30 Min HITT/Circuits In Gym Simon		7.30-8.00am 30 Min HITT/Circuits In Gym Simon	10-10.45am Dance Fit Pippa	7.30-8.00am 30 Min HITT/Circuits In Gym Zoe Breen	10-10.45min 45 Min HITT/Circuits In Gym Zoe	
9.30-10.30am Pump No Limits Zoe Breen		9.30-10.30am Body Burn Lisa		9.30-10.30am HITT YOGA Zoe Breen	9.00-9.45am SH1FT MIX Mix of Body weight/ HITT Step & Strength HITT (Via Zoom -Anu)	10.30-11.15am HITT/Circuits In Gym
					10.00-10.45am M1nd Flexibility, Mobility & Stability Via Zoom (Anu)	
5.30-6.30pm Pump No Limits Zoe Breen	5.45-6.45pm Aero tone Pippa	5.30-6.00pm Spin No Limits Lisa		5.00-5.45pm Dance Fit Pippa		
6.30-7.30pm Boxfit Charlotte	7.00- 7.45pm CROSSFIT Style 45 Min Blast Eden	6.00-7.00pm Body Burn Lisa	7.00-7.45pm CROSSFIT Style 45 Min Blast Eden			