

MOVE Fitness

Small Group Training Timetable

	MON	TUE	WED	THU	FRI	SAT
6	Strength	Metaburn	Strength	HIIT	HIIT	
7.30						Yoga
8						
9.15	Strength	Metaburn		HIIT		
10						
11						
12.30	HIIT	Boxfit	HIIT	HIIT	HIIT	
1.30					Yoga	
2						
3						
4						
5.30	Strength	Movement	Yoga	HIIT		
7.30						

- Sessions are approximately 1 hour duration
- Lunchtime sessions are 45min
- Casual, 10 session pass or monthly passes available
- Sessions will begin ontime