

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
7:00 - 7:45	FLYEFIT CONDITIONING	YOGA 7.00-7.45	FLYEFIT CONDITIONING	YOGA 7.00-7.45	FLYEFIT CONDITIONING	SPIN 10:00 - 10:45	SPIN 11:00 - 11:45
7:00 - 7:45	SPIN	SPIN	SPIN	SPIN	SPIN	FLATLINE 11:00 - 11:45	FLYE CONDITIONING 12:00 - 12:45
7:50 - 8:20	PUMP	FLATLINE		FLATLINE	BOXERCISE		
12:15- 12:45	SPIN	SPIN	SPIN	SPIN	SPIN		
12:15- 12:45	STRENGTH & MOBILITY	KETTLEBELLS	FLYEFIT CONDITIONING	ASS & ABS	BOOTCAMP		
13:15- 13:45	ASS & ABS	BOXERCISE	PUMP	KETTLEBELLS			SPIN STUDIO
13:15- 13:45	SPIN	SPIN	SPIN	SPIN	SPIN		CONDITIONING AREA
13:15- 13:45	BOOTCAMP	FLATLINE	FLYEFIT CONDITIONING	FLYEFIT CONDITIONING	PILATES		VAULT 2
17:30-18:00	SPIN	SPIN	SPIN	SPIN	SPIN		
17:30-18:00	ASS & ABS	PILATES	PUMP	STRENGTH & MOBILITY	PUMP		
18:05-18:50	FLYEFIT CONDITIONING	FLYEFIT CONDITIONING	BOOTCAMP	FLATLINE	FLYEFIT CONDITIONING		
18:05-18:50	SPIN	SPIN	SPIN	SPIN	SPIN		
18:05-18:50	PUMP	BOXERCISE	ASS & ABS	PILATES			
19:00-19:45	SPIN	SPIN	SPIN	SPIN	SPIN		
19:00-19:45	BOOTCAMP	FLATLINE	FLYEFIT CONDITIONING	BOOTCAMP			
19:00-19:45	PILATES	PUMP	BOXERCISE	ASS & ABS	BOXERCISE		

*ALL CLASSES ARE FREE WITH AN ACTIVE MEMBERSHIP

*PLEASE BOOK IN ADVANCE IN MYFLYE TO AVOID DISAPPOINTMENT. LIMITED AMOUNT OF PLACES IN EACH CLASS

*ALL CLASSES ARE SUBJECT TO CHANGE

*PLEASE NOTIFY THE CLASS INSTRUCTORS OF ANY MEDICAL CONDITION AND PREGNANCIES

*YOGA MATS, BOXING GLOVES AND ALL EQUIPMENT ARE SUPPLIED BY FLYEFIT