

# Functional Timetable

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

SUNDAY

HIIT

06:30-07:00

HANNAH

X-FIT

06:30-07:00

HANNAH

SHRED WARRIOR

06:30-07:00

MICHAEL

X-FIT

08:30-09:00

MICHAEL

SHRED STRENGTH

08:25-08:55

HARRISON

BOOTCAMP

09:15-10:00

JOSH

 HIGH ENERGY

 FUNCTIONAL

 STRENGTH AND CONDITIONING

GROUP INDUCTIONS 08:30-09:00 & 18:00-18:30 MON, WED & FRI\*

\*MEET AT RECEPTION

BOOK VIA  
THE APP

