

# workout WARRIORS

## 6 Week Class Timetable

From Thursday 2nd June until Sunday 16th February

| Day        | Morning Class            | Afternoon Class               |
|------------|--------------------------|-------------------------------|
| Mondays    | Bootcamp<br>7.15-7.45am  | Yoga<br>16.50-17.20pm         |
| Tuesdays   | Bootcamp<br>7.20-7.50am  | Boxfit<br>17.20-17.50pm       |
| Wednesdays | Bootcamp<br>7.15-7.45am  | Bootcamp<br>16.55-17.25pm     |
| Thursdays  | Bootcamp<br>7.15-7.45am  | Bootcamp<br>16.55-17.25pm     |
| Fridays    | Spin<br>7.15-7.45am      | Virtual Spin<br>17.20-17.50pm |
| Saturdays  | Run Club<br>9.00-10.00am | n/a                           |
| Sundays    | Yoga<br>11.10-11.40am    | n/a                           |

***#BuildingHappyHealthyHabits***