

CLASSIC TIMETABLE

Hiscoes Studios	M	T	W	T	F	S	S
	06:45AM SPIN		6:30AM SPRINT		06:30AM SPRINT	8:00AM PILATES	
		9:30AM YIN YOGA		9:30AM PILATES		9:00AM SPIN	9:30AM SPRINT
		5:30PM AFRO STEP					
	5.30PM BODY PUMP	5.30PM SPRINT	5.45PM SPIN			10:00AM BODY PUMP	10:15AM BODY PUMP
	6.30 PM PILATES	6.00PM BEGINNER BOXING	6.30PM STRETCH	6.00PM BODYPUMP	6:15PM STEP Adv.	11.15AM Retrosweat	
	6:30PM SPRINT	6.15PM BODYPUMP	6:30PM BOXING	7:00PM Retrosweat	7:30PM SALSA	12MIDDAY KICKBOXING	4.00PM YOGA
	7.00PM BOXING	7.15PM YOGA	7:30PM ZUMBA				

TEAM TRAINING TIMETABLE

M	T	W	T	F	S	S
7.00AM HIIT PILATES	7.00AM HIIT	7.00AM 9 ROUNDS	7.00AM HIIT	7.00AM HIIT	8:00AM 9 ROUNDS	
					9.00AM HIIT	
12.30 HIIT		12.30 HIIT		12.30 HIIT		
	5.45PM HIIT PILATES		6.00PM HIIT			
6:30PM HIIT	6:30PM 9 ROUNDS	6:00PM HIIT				

Small Group Personal Training

M	T	W	T	F	S
6.15am SPARTAN	6.15am STRENGTH		6.15am STRENGTH	6.15am X-TRAINING	9.00AM STRENGTH
					9.45AM STRENGTH
	12.30pm STRENGTH		12.30pm STRENGTH		10:30AM X-TRAINING
6.00PM X-TRAINING	5.30PM STRENGTH	6.00pm STRENGTH	5.45pm X-TRAINING		
	6.15pm STRENGTH	7.00PM MOVEMENT	6.30pm STRENGTH		