



# CLASS TIMETABLE

|        | Monday   | Tuesday  | Wednesday                                       | Thursday                                       | Friday  | Saturday                                       | Sunday                            |
|--------|--|--|---|--|---|--|-----------------------------------|
| 7am    | <b>One2One</b><br>6.30am - 10pm                | <b>One2One</b><br>6.30am - 10pm                        | <b>One2One</b><br>6.30am - 10pm                 | <b>One2One</b><br>6.30am - 10pm                | <b>One2One</b><br>6.30am - 10pm                 | <b>One2One</b><br>8.30am - 12noon              | <b>One2One</b><br>8.30am - 12noon |
| 8am    |  |  | <b>Wellbeing Xpress Fit</b><br>7am • 45 minutes |  | <b>Wellbeing Xpress Fit</b><br>7am • 45 minutes |  |                                   |
| 9am    |  |  |   |  |   | <b>Hatton Boxing</b><br>8.30am • 1 hour        |                                   |
| 10am   |  |  |   |  |   | <b>Wellbeing Xpress Fit</b><br>9.45am • 1 hour |                                   |
| 11am   |  |  |   |  |   |  |                                   |
| 12noon |  |  |   |  |   |  |                                   |
| 6pm    |  |  |   |  |   |  |                                   |
| 7pm    | <b>Wellbeing Xpress Fit</b><br>6.30pm • 1 hour | <b>Wellbeing Xpress Fit</b><br>6.30pm • 1 hour         | <b>Wellbeing Xpress Fit</b><br>6.30pm • 1 hour  | <b>Wellbeing Xpress Fit</b><br>6.30pm • 1 hour |   |  |                                   |
| 8pm    | <b>Wellbeing Xpress Fit</b><br>7.30pm • 1 hour | <b>Body Composition Analysis and Nutrition Support</b> | <b>Hatton Boxing</b><br>7.30pm • 1 hour         | <b>Wellbeing Xpress Fit</b><br>7.30pm • 1 hour |   |  |                                   |