



CLASS TIMETABLE

LIFTTHEBARFITNESS.COM

MON GPT & MF	TUE MF	WED GPT	THU	FRI GPT & MF	SAT	SUN
	TOTAL BODY CONDITIONING JONNY 7.00-8.00	MORNING HIIT ALI 7.00-7.45				
					PUNCH OUT LTB COACH 8.00-9.00	
PUNCH OUT MICHELLE 09.00-10.00	TRX BEGINNER ANGIE 09.00-10.00				LTB MASTERCLASS LTB COACH 09.00-10.00	
		REVOLUTION CYCLE FIT ANGIE 10.00-10.45		FREESTYLE YOGA KAT 10.30-11.30	LTB MASTERCLASS LTB COACH 10.00-11.00	
					REVOLUTION RIDE LTB COACH 09.30-10.30	
			BODY & BAND ALI 17.00-18.00			
REVOLUTION CYCLE FIT ANGIE 18.00-18.45	FREESTYLE YOGA KAT 18.00-19.00	TOTAL BODY CONDITIONING ANGIE 18.00-19.00	TRX BEGINNER ANGIE 18.30-19.15			
PUNCH OUT ALI 19.15-20.15	REVOLUTION RIDE ANGIE 19.30-20.15	REVOLUTION CYCLE FIT ANGIE 19.30-20.15				