



BOXFRESH FITNESS - TIMETABLE 2018

CLASSES AND TIMES	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	9.30-10.30. BOOGIE BOUNCE (LL)	6.30-7.00 EXPRESS KETTLEBELLS (MG)	9.45-10.15 CORE CONDITIONING (LL)	9.45-10.30. HIIT/CARDIO TIME (LL)	6.30-7.00. METAFIT (MG)	8.45-9.45. ZUMBA STRONG (CB)
	10.30-11.00 LEGS, BUMS AND TUMS (LL)	9.30-10.30 PUMP FX (TN)	10.30-11.30 BOOGIE BOUNCE (LL)	10.45-12.15. AB BLAST (LL)	9.30-10.30 CLUBBERCISE (LL)	10.00-10.30. FAMILY BOOGIE BOUNCE (LL)
	11.15-12.15 BOXERCISE (LL)	10.45-11.30 PILATES (TN)	11.30 -12.00 LEGS, BUMS AND TUMS (LL)	11.30-12.15 BOOGIE BOUNCE REVOLUTION (LL)	10.45-11.15 COREBLAST (LL)	12.00-14.00. YOUTH SELF- DEFENCE (LL)
		11.30-12.00 AB BLAST (TN)			11.30-12.15 KETTLEBELLS (MG)	
	17.15-18.00 BOOGIE BOUNCE KIDZ (LL)		18.30-19.30. PiYo (MG)	15.45-16.30. BOOGIE BOUNCE KIDZ (LL)		
	18.30-19.15. BOOGIE BOUNCE XTREME (MM)	18.30-19.30 KETTLE BELLS (MG)	19.45-20.45. CLUBBERCISE (LL)	18.30-19.30. BOOGIE BOUNCE XTREME (MM)	19.00-20.00 BOOGIE BOUNCE (MM)	
	19.30-20.30 FITNESS PILATES (MA)	19.45-20.45. PILOXING (PG-M)	21.00-21.30 COREBLAST (LL)	19.45-20.45 BOXERCISE (LL)		
	19.30-20.15 BOXFRESH BOOTCAMP IN CAMBOURNE (LL)					