

## MONDAY

5:30am  
Unit 3 (30) **metafit** ★

6:00am  
Unit 2 (45) **PSOX**

7:00am  
Unit 3 (30) **LUCKY HIIT** ★

9:00am **HITSTEP**  
Unit 3 (30) ★

9:30am **KETTLEBELL AMPD**  
Unit 2 (45)

## TUESDAY

5:30am **PUNCHFIT**  
Unit 2 (45) ★

6:00am **HITSTEP**  
Unit 3 (30) ★

9:15am **BURN!**  
Unit 3 (30)

9:45am **PSOX**  
Unit 2 (45)

## WEDNESDAY

5:30am **CIRCUIT**  
Unit 2 (30)

6:00am **CIRCUIT**  
Unit 2 (30)  
&  
Unit 3 (30) **metaPRO** ★

7:00am **CIRCUIT**  
Unit 2 (30)

9:00am **CIRCUIT**  
Unit 2 (30)

9:30am **LUCKY HIIT** ★  
Unit 3 (30)

## THURSDAY

5:30am **meta PWR**  
Unit 2 (30)

6:00am **LUCKY HIIT** ★  
Unit 3 (30)

9:15am **VYPA**  
Unit 3 (30)

9:45am **meta PWR**  
Unit 2 (30)

## FRIDAY

5:30am **HITSTEP**  
Unit 3 (30) ★

6:00am **LIFT**  
Unit 2 (30)

7:00am **LIFT**  
Unit 2 (30)

9:00am **LIFT**  
Unit 2 (30)

9:30am **LUCKY HIIT** ★  
Unit 3 (30)

## SATURDAY

7:00am **LUCKY DTP**  
Unit 2 (30)

7:30am **Pilates**  
Unit 3 (45)

8:00am **CATfit**  
Unit 2 (45)

8:45am **kids** ★  
Unit 3 (45) Brazilian Jui Jizu

9:00am **PUNCHFIT**  
Unit 2 (45)

4:30pm **LUCKY HIIT** ★  
Unit 3 (30)

5:00pm **VYPA** Or **BURN!**  
Unit 3 (45)

6:00pm **CATfit**  
Unit 2 (45)

4:30pm **HITSTEP** ★  
Unit 3 (30)

5:00pm **kids** ★  
Unit 3 (60) Brazilian Juijitsu

5:00pm **CIRCUIT**  
Unit 2 (30)

6:00pm **CIRCUIT**  
Unit 2 (45)

4:30pm **CIRCUIT**  
Unit 2 (30)

5:00pm **CIRCUIT**  
Unit 2 (30)

6:00pm **meta PWR**  
Unit 2 (30)

6:30pm **LUCKY HIIT** ★  
Unit 3 (30)

5:00pm **HITSTEP** ★  
Unit 3 (30)

5:30pm **VYPA** Or **BURN!**  
Unit 3 (45)

6:30pm **LIFT**  
Unit 2 (30)

5:30pm **LUCKY DTP**  
Unit 2 (30)

