	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
06:00	Bootcamp HIIT	Booty Bands	Kettlebells & Core HIIT		Friday Finisher		
08:00						Bootcamp 08:15 - 09:00	
09:00		Body Blitz 09:15 - 10:00	Booty Bands 09:15 - 10:00	Spinnercise 09:00 - 09:45	Power Hour 09:00 - 10:00	Spin or Booty Bands	
10:00				Yoga 10:00 - 11:00			
11:00							
12:00							
17:00	Boogie Bounce HIIT Step	Body Bar Spin	Core Body Bar	LBT Pound	Spinnercise Step		
19:00	Hatton Boxing Fight Camp 19:00 - 19:45	Pound 19:00 - 19:45	Spin	Spin			
20:00		TRX	Yoga 19:45 - 20:45				

club energy fitness

2024 TIMETABLE

Classes are subject to change at short notice but every attempt will be made to stay upto date with the timetable.