

Group Coaching Timetable

TIME	MON	TUES	WED	THUR	FRI	SAT
6am	Bootcamp	Indoor Cycling	Bootcamp	Indoor Cycling	Bootcamp	
8am						Cardio H.I.I.T
9am	Indoor Cycling				Cardio H.I.I.T	
4pm		Cardio H.I.I.T		Cardio H.I.I.T		
6pm	Indoor Cycling		Indoor Cycling			