



CLASS TIMETABLE

■ FREE GYM CLASSES

■ ADDITIONAL CLASSES

■ FUSION SENIOR

■ FUSION KIDS

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6.15–7.10 CROSS FIT	6.30–7.10 BOOTCAMP	6.30–7.10 SPIN	6.30–7.10 BOOTCAMP	6.30–7.10 SPIN		
7.15–8.00 SPIN	7.15–8.00 SPIN	7.30–8.00 DYNO PUMP	7.15–8.00 SPIN	7.30–8.00 LEGS BUMS & TUMS		
		9.30–10.00 LEGS BUMS & TUMS		9.15–10.00 KETTLEBELLS		9.00–10.00 KETTLEBELLS
	12.00–12.30 CIRCUIT	10.15–11.00 CORE STABILITY		10.30–11.00 ABS BLAST	10.00–11.00 CROSS FIT	10.15–11.00 SPIN
12.30–13.10 BODY PUMP	12.30–13.10 SPIN	12.30–13.10 SPIN	12.30–13.10 SPIN/TABATA	12.30–13.10 SPIN	11.00–12.00 SPIN (ADVANCED)	
					12.00–13.30 PRO MMA	12.00–13.30 MUAY THAI
16.30–17.30 FCS ACADEMY	16.30–17.30 FCS ACADEMY		16.30–17.30 FCS ACADEMY	17.00–18.00 MINI MUAY THAI	16.00–17.30 BJJ	15.00–17.00 BKK
17.30–18.15 TOTAL BODY TONE	17.30–18.00 LEGS BUMS & TUMS	17.00–18.00 KIDS KICKBOXING	17.30–18.15 TABATA	18.00–19.30 MUAY THAI		17.00–19.00 KICK BOXING
18.30–19.15 SENIOR FUSION	18.00–18.30 ABS BLAST	18.00–19.00 KICK BOXING	18.30–19.30 BAG & PADS			
18.30–19.20 SPIN	18.30–19.20 SPIN	18.00–18.45 SPIN	19.30–21.00 BJJ	18.30–19.20 SPIN		
19.15–20.00 KETTLE/CROSSFIT	18.30–19.30 BAG & PADS	19.00–20.00 NO GI TAKEDOWNS		19.30–20.15 KETTLEBELLS		
20.00–21.00 AIKIDO	19.30–20.15 KETTLEBELLS					