

+TIMETABLE

MONDAY

09.15-10.00AM - S20 BURN

TUESDAY

09.15-10.00AM S20 - SCULPT LADIES ONLY

18.15-19.00PM S20 - BURN

WEDNESDAY

18.15-19.00PM - SHRED

THURSDAY

09.15-10.00AM - S20 SCULPT LADIES ONLY

18.15-19.00PM - S20 BURN

FRIDAY

09.15-10.00AM - S20 BURN

SATURDAY

09.30-10.15AM - S20 SHRED

BELOW IS A BRIEF DESCRIPTION OF WHAT THE CLASSES MAY CONTAIN....

S20 SCULPT = GLUTES AND CORE FOCUSED, PLYO WORK, DUMBBELLS, KETTLEBELLS AND BANDS.

S20 BURN = BODY WEIGHT, DUMBBELLS, KETTLEBELLS AND TRX.

S20 SHRED = A COMBO OF SCULPT AND BURN FOR THE WHOLE BODY.

S20
HEALTH + FITNESS

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