



FITNESS TIMETABLE - DENARAU

All classes are suitable for all levels of fitness and last 45min to 1 hour unless specified

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
6am		W.O.D Express 30min class		W.O.D Express 30min	
8am	W.O.D	STEP FIT	PUMP	JUNGLE FITNESS	BOX FIT
9am		PILATES	YOGA		
5pm	BOX FIT		JUNGLE FITNESS		PUMP
6pm	JUNGLE FITNESS	ZUMBA	COMBAT	STEP FIT	
7pm	YOGA	PILATES	YOGA	COMBAT/BOXING Class	