



# JUSTFIT

# GROUP PT TIMETABLE January 2018

Visit [www.justfituk.com/bookings](http://www.justfituk.com/bookings) to book online and read more about our sessions

Sessions and times are subject to change

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
07.00	<b>Abs &amp; Core</b> 07.00 - 08.00		<b>Fitness &amp; Fatburn</b> 07.00 - 08.00		<b>Muscle &amp; Tone</b> 07.00 - 08.00	
08.00						
09.00	<b>Fitness &amp; Fatburn</b> 09.30 - 10.30		<b>Muscle &amp; Tone</b> 09.30 - 10.30		<b>Abs &amp; Core</b> 09.30 - 10.30	<b>Family BootCamp</b> 09.30 - 10.30
10.00						
11.00						
12.00	<b>Abs &amp; Core</b> 12.15 - 12.45		<b>Fitness &amp; Fatburn</b> 12.15 - 12.45		<b>Muscle &amp; Tone</b> 12.15 - 12.45	
13.00		<b>Fitness &amp; Fatburn</b> 13.15 - 13.45		<b>Muscle &amp; Tone</b> 13.15 - 13.45		<b>Strength &amp; Conditioning</b> 13.30 - 14.30
14.00						
15.00						
16.00		<b>Kids Class</b> 16.30 - 17.30		<b>Kids Class</b> 16.30 - 17.30		<b>Power Fit</b> 16.30 - 17.30
17.00	<b>Muscle &amp; Tone</b> 17.30 - 18.30		<b>Fitness &amp; Fatburn</b> 17.30 - 18.30		<b>Abs &amp; Core</b> 17.30 - 18.30	
18.00						
19.00		<b>Yoga</b> 20.30 - 21.15		<b>Power Fit</b> 20.30 - 21.30		
20.00	<b>Strength &amp; Conditioning</b> 20.30 - 21.30		<b>Circuit Class with Ralph</b> 20.30 - 21.30			
21.00						