

CLASS TIMETABLE

JERICO LANE

MONDAY

06.30 **CIRCUIT**
09.30 **LBT**
10.30 **BOOTCAMP**
17.45 **HIIT**
18.30 **GROUP CYCLE**
19.30 **YOGA**

TUESDAY

06.30 **RIDE & BURN**
09.30 **LBT**
10.30 **HIIT**
17.30 **WOD**
18.15 **UPPER BODY WEIGHT**
19.15 **HIITSTEP**

WEDNESDAY

06.30 **CIRCUIT**
07.30 **ABS BLAST**
09.30 **LBT**
11.00 **YOGA**
16.30 **FUNCTIONAL WORKOUT**
17.15 **LOWER BODY TONE**
18.00 **PUSH/PULL WORKOUT**
18.30 **D93 BOOTCAMP (outside)**

THURSDAY

06.30 **GROUP CYCLE**
09.15 **HIIT**
10.30 **CIRCUITS**
17.45 **HIIT**
18.30 **GROUP CYCLE**
19.30 **CORE/ABS**

FRIDAY

06.30 **GROUP CYCLE**
08.30 **BODY TONE**
10.30 **CIRCUIT**
18.00 **FUNCTIONAL TRAINING**

SATURDAY

08.30 **GROUP CYCLE**
09.30 **BODY TONE**
10.30 **D93 BOOTCAMP**
12.00 **SUPER SET WORKOUT**

SUNDAY

APP WORKOUT
(download our app)

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**SUNDAY CLASSES &
BOXERCISE COMING SOON**



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