

2019 TIMETABLE

As of April 2019

HIT Express 30 min | Other Classes 60 min (Except for Sat Olympic Weightlifting)

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	TIME	SATURDAY	SUNDAY	
6:00 AM	CoreFit	Olympic Weightlifting	CoreFit	Olympic Weightlifting	CoreFit	7:00 AM – 8:30 AM	Olympic Weightlifting	RECOVERY DAY	
		Strength							
7:00 AM	CoreFit	BoxHIT	CoreFit	BoxHIT	CoreFit	8:30 AM	CoreFit		
12:15 PM	HIT Express		HIT Express	HIT Express			8:30 AM		BoxHIT
5:30 PM					CoreFit		9:30AM		Strength
6:00 PM	CoreFit	Strength	CoreFit	CoreFit					
		BoxHIT							
7:00 PM	CoreFit	Olympic Weightlifting	HIT	Olympic Weightlifting					