

MONDAY

- B'Harcore 6:15 am - 6:45 am
30 Min Core Conditioning Class (Intermediate / Advanced)
- B'Lift 6:50 am - 7:20 am
Our 30 minute Strength class
- B'HIIT 7:30 am - 8:00 am
30 Min HIIT class
- B'Drive 8:10 am - 9:00 am
60 Min Circuit Class (High Level)
- B'Figure 9:30 am - 10:25 am
60 Min Circuit Class (Medium Level)
- B'Form 10:35 am - 11:30 am
60 Minute Low Intensity Circuit Class
- B'Lift 11:40 am - 12:10 pm
Our 30 minute Strength class
- B'Lift 11:40 am - 12:10 pm
Our 30 minute Strength class
- B'Lift 11:40 am - 12:10 pm
Our 30 minute Strength class
- B'Core 12:20 pm - 12:50 pm
30 Min Core Class (Beginner / Intermediate)
- B'Lift 6:00 pm - 6:30 pm
Our 30 minute Strength class
- B'Figure 6:40 pm - 7:35 pm
60 Min Circuit Class (Medium Level)
- B'HIIT 7:40 pm - 8:10 pm
30 Min HIIT class
- B'Form 8:15 pm - 9:10 pm
60 Minute Low Intensity Circuit Class
- B'Form

TUESDAY

- B'Strength
Our 45 minute non stop strength class 6:15 am - 7:00 am
- B'BodyW8
30 Minute Bodyweight Flow HIIT Class 7:15 am - 7:45 am
- B'Figure
60 Min Circuit Class (Medium Level) 8:00 am - 8:55 am
- B'Endurance
45 Min HIIT class 9:00 am - 10:15 am
- B'Box
60 Min Boxing Class (Any Level) 10:25 am - 11:20 am
- B'Strength
Our 45 minute non stop strength class 11:30 am - 12:15 pm
- B'Harcore
30 Min Core Conditioning Class (Intermediate / Advanced) 12:30 pm - 1:00 pm
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30 Min Core Conditioning Class (Intermediate / Advanced) 12:30 pm - 1:00 pm
- B'Harcore
30 Min Core Conditioning Class (Intermediate / Advanced) 12:30 pm - 1:00 pm
- B'Strength
Our 45 minute non stop strength class 6:40 pm - 7:25 pm
- B'Flex
30 Minute Flexibility Class 7:40 pm - 8:10 pm
- Yoga
Yoga 8:15 pm - 9:00 pm

WEDNESDAY

- B'Endurance
45 Min HIIT class 6:15 am - 7:00 am
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B'Core <i>30 Min Core Class (Beginner / Intermediate)</i>	7:15 am - 7:45 am
■ B'Figure <i>60 Min Circuit Class (Medium Level)</i>	9:30 am - 10:35 am
■ B'Core <i>30 Min Core Class (Beginner / Intermediate)</i>	10:40 am - 11:10 am
■ B'Endurance <i>45 Min HIIT class</i>	11:15 am - 12:00 pm
■ B'BodyW8 <i>30 Minute Bodyweight Flow HIIT Class</i>	12:10 pm - 12:40 pm
■ B'HIIT <i>30 Min HIIT class</i>	6:00 pm - 6:30 pm
■ B'Box <i>60 Min Boxing Class (Any Level)</i>	6:40 pm - 7:35 pm
■ B'Harcore <i>30 Min Core Conditioning Class (Intermediate / Advanced)</i>	7:40 pm - 8:10 pm
■ B'Figure <i>60 Min Circuit Class (Medium Level)</i>	8:15 pm - 9:10 pm

THURSDAY

■ B'Drive <i>60 Min Circuit Class (High Level)</i>	6:15 am - 7:10 am
■ B'HIIT <i>30 Min HIIT class</i>	7:15 am - 7:45 am
■ B'Harcore <i>30 Min Core Conditioning Class (Intermediate / Advanced)</i>	8:00 am - 8:30 am
■ B'BodyW8 <i>30 Minute Bodyweight Flow HIIT Class</i>	9:30 am - 10:00 am
■ B'Stretch <i>30 Minute Fascia Mobilising Class</i>	10:05 am - 10:35 am
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B'Core 10:45 am - 11:15 am
30 Min Core Class (Beginner / Intermediate)

■ B'HIIT 11:25 am - 11:55 am
30 Min HIIT class

■ B'Lift 6:40 pm - 7:10 pm
Our 30 minute Strength class

■ B'HIIT 7:15 pm - 7:45 pm
30 Min HIIT class

FRIDAY

■ B'BodyW8 6:15 am - 6:45 am
30 Minute Bodyweight Flow HIIT Class

■ B'Stretch 6:50 am - 7:20 am
30 Minute Fascia Mobilising Class

■ B'HIIT 7:20 am - 7:50 am
30 Min HIIT class

■ B'Lift 8:00 am - 8:30 am
30 minute Strength class

■ B'Box 9:30 am - 10:25 am
60 Min Boxing Class (Any Level)

■ B'Figure 10:40 am - 11:35 am
60 Min Circuit Class (Medium Level)

■ B'Lift 11:45 am - 12:15 pm
30 minute Strength class

■ B'Lift 11:45 am - 12:15 pm
30 minute Strength class

■ B'HIIT 12:25 pm - 12:55 pm
30 Min HIIT class

SATURDAY

■ B'Strength

Our 45 minute non stop strength class

7:30 am - 8:15 am

- B'Drive
60 Min Circuit Class (High Level)
8:30 am - 9:25 am
- B'Core
30 Min Core Class (Beginner / Intermediate)
9:40 am - 10:10 am
- B'Figure
60 Min Circuit Class (Medium Level)
10:20 am - 11:15 am
- B'HIIT
30 Min HIIT class
11:25 am - 11:55 am

SUNDAY

- Yoga
Yoga
8:00 am - 9:15 am
- B'BodyW8
30 Minute Bodyweight Flow HIIT Class
9:30 am - 10:00 am
- B'Endurance
45 Min HIIT class
10:10 am - 10:55 am
- B'Strength
Our 45 minute non stop strength class
11:05 am - 11:50 am