

FITNESS CLASS TIMETABLE

MONDAY				BECKETT BURN 12:30-13:00 BECKETT STUDIO	HYROX 17:30-18:30 BECKETT STUDIO	BODY FIT - WEIGHTLIFTING WITH FALLON 19:30-20:30 PERFORMANCE GYM	BODY FIT - CONDITIONING WITH FALLON 20:30-21:30 PERFORMANCE GYM
TUESDAY	HYROX 7:30-8:30 BECKETT STUDIO		HATHA YIN YOGA 12:30-13:30 STUDIO 2	BECKETT BLAST 17:30-18:30 BECKETT STUDIO	BECKETT BEND 18:30-19:15 STUDIO 3	BARBELL 19:15-20:45 PERFORMANCE GYM	
WEDNESDAY	FUNCTIONAL YOGA 12:30-13:30 CITY GYM	WOMEN'S LIFT WITH FALLON 13:00-14:00 PERFORMANCE GYM	SPIN CLASS 17:30-18:30 STUDIO 2	HYROX 17:30-18:30 BECKETT STUDIO	ZUMBA 18:00-19:00 CSS	BODY FIT - WEIGHTLIFTING WITH FALLON 18:00-19:30 PERFORMANCE GYM	BODY FIT - CONDITIONING WITH FALLON 19:30-20:30 PERFORMANCE GYM
THURSDAY	HYROX 7:30-8:30 BECKETT STUDIO	HATHA YIN YOGA 12:30-13:30 CITY GYM				BARBELL 19:15-20:45 PERFORMANCE GYM	
FRIDAY			HYROX 12:30-13:30 BECKETT STUDIO	BECKETT BURN 17:30-18:30 BECKETT STUDIO	BARBELL 18:00-19:30 PERFORMANCE GYM		
SATURDAY	HYROX 8:30-9:30 BECKETT STUDIO	JUNIOR S & C SESSION 9:00-10:00 PERFORMANCE GYM					BECKETT SPORT 