

THE 225 CLUB

CLASS TIMETABLE

DAY AND TIME	CLASS NAME
MONDAY 9.45-10.30	METABOLIC CONDITIONING
19.00-19.45	BOXERCISE & CARDIO
TUESDAY 9.45-10.30	HIIT
WEDNESDAY 9.45-10.30	HIIT
THURSDAY 9.45-10.30	HIIT
14.00-14.45	SWEAT & CORE FLOW
FRIDAY 9.45-10.30	TOTAL BODY BLAST
SATURDAY 09.45-10.30	HIGH POWER BODY PHYSIQUE

THE 225 CLUB

STANDARD TERMS & CONDITION

The Small Print The 225 Club reserves the right to update and change the class timetable at its sole discretion. This may be due to demand for classes, but will typically be to keep the class timetable dynamic and productive to our members. We will always endeavour to give our valued patrons as much notice as possible with regards to changes. Kindly note planned changes to the timetable will not result in refund of day passes or memberships.

We hope you thoroughly enjoy your classes here at The 225 Club & we look forward to seeing you soon!