

THE BOX

GYM AND SPA

weekly timetable

monday

hiit

(high intensity interval training)

6.30am - 7.15am

instructor

Gym Staff

pilates

10.00am - 11.00am

instructor

Gary

bootcamp

5.00pm - 5.45pm

instructor

Jess

bootcamp

6.00pm - 6.45pm

instructor

Jess

yoga

7.00pm - 8.15pm

instructor

Sarah

tuesday

run club

6.30am - 7.15am

instructor

Ben

pilates

6.00pm - 7.00pm

instructor

Gary

bootcamp

7.15pm - 8.00pm

instructor

Emily

wednesday

liit

(low intensity interval training)

10.30am - 11.00am

instructor

Ben/Emily

hiit

(high intensity interval training)

6.00pm - 6.45pm

instructor

Jess

bootcamp

7.15pm - 8.00pm

instructor

Jess

thursday

pilates

9.30am - 10.15am

instructor

Gary

ab blast

6.15pm - 6.45pm

instructor

Ben/Ange

spin

7.15pm - 8.00pm

instructor

Ben/Ange

friday

yoga

10.30am - 11.45am

instructor

Sarah

legs, bums & tums

12.15pm - 1.00pm

instructor

Gym Staff

saturday

hiit

(high intensity interval training)

9.00am - 9.45am

instructor

Gym Staff

pilates

11.00am - 12.00pm

instructor

Gary

sunday

bootcamp

11.00am - 11.45am

instructor

Gym Staff