

The Base Training Club - Winter Timetable

Monday			Functional Burnout / Rig 2.25pm - 3.05pm	Base Fit Kids 4.15pm - 5.00pm	Parents Functional Training 4.15pm - 5.00pm	Hypo-pressive Pilates 5.30pm - 6.00pm
	Zumba Fitness 6.05pm - 7.00pm	Base Bootcamp 7.15pm - 8.15pm	Box Fitness 8.30pm			
Tuesday		Yogalates 10.30am - 11.45am		Bungee Adults 4.30pm - 5.10pm	Piloxing Barre 5.30pm - 6.15pm	Mens Rig Workout Functional Zone 5.30pm - 6.15pm
	Base Running Club 6.30pm	Zumba Strong 6.30pm - 7.25pm	Womens Only HIIT Shredder 7.35pm - 8.05pm	Base Bootcamp 8.20pm		
Wednesday			Kids Bungee 4.10pm - 4.50pm	Jumping Fitness 5.05pm - 5.45pm	Piloxing SSP & Piloxing K.O 6.00pm - 6.55pm	Mens Rig Workout Functional Zone 6.00pm - 6.50pm
	Step Aerodance 7.00pm - 7.45pm	Womens Rig Workout Functional Zone 7.00pm - 7.45pm	Base Training Systems HIIT Workouts 8.00pm - 8.40pm	Barbell Strength Training 8.45pm - 9.15pm		
Thursday	Circuit HIIT Workout 9.30am - 10.00am	ABS and Glutes Workout 10.05am - 10.25am	Functional Burnout / Rig 2.25pm - 2.55pm	Kangoo Jumps Workout 4.15pm - 4.45pm	Step Functional Training 5.30pm - 6.10pm	The Ultimate Training Workout 6.30pm - 7.00pm
	Base Running Club 7.15pm	Zumba Fitness GLOW 7.15pm - 8.15pm	Pure Pilates/Magic Ring/Mini Bands/Fitball 8.25pm - 9.25pm			
Friday	Jumping Fitness (Trampoline) 9.15am - 10.00am	Open Training 10.30am - 12.00pm	Base Fit Kids 4.10pm - 4.50pm	Parents Functional Training 4.10pm - 4.50pm	TRX Training 5.00pm - 5.45pm	Circuit Training 6.00pm - 6.45pm
Saturday		Fatburner HIIT Workout 10.30am - 11.00am	TRX Training 11.15am - 12.00pm	Adults Bungee Workout 12.15am - 1.00 pm		
Sunday	Base Bootcamp 10.00am - 11.00am	Barbell Strength Workout 11.15am - 12.00pm				