



CLASS TIME TABLE

MONDAY

METAPWR- 5.30PM

TUESDAY

METAPWR - 5.30AM

CIRCUIT - 5.30PM

WEDNESDAY

BOXING - 5.30M

BOXING - 5.30PM

THURSDAY

STAY STRONG - 6.15AM

CIRCUIT - 5.30PM

METAPWR - 5.30AM

FRIDAY

CIRCUIT - 5.30AM

SATURDAY

CIRCUIT - 8AM