

CLASS TIMETABLE

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Morning	6.30 - 7.15 HIIT		6.30 - 7.15 S&C		6.30 - 7.15 Cardio Strength	
		09:15 - 10:00 Bootcamp			09:15 - 10:00 Cardio Strength	9:00 - 10:00 Cardio Strength
						10:00 - 11:00 STRONG BASTARDS
Evening	17:00 - 17:30 HIIT	17:00 - 17:30 HIIT	17:00 - 17:30 HIIT	17:00 - 17:30 HIIT	17:00 - 17:30 HIIT	
	17:30 - 18:30 S&C	17:30 - 18:00 HIIT	17:30 - 18:15 S&C	17:30 - 18:00 HIIT	17:30 - 18:00 HIIT	
		18:00 - 19:00 STRONG BASTARDS				

UNIT 29 FITNESS
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UNIT 29
FITNESS

NO ONLINE BOOKING.
TURN UP TO ANY CLASS, ANYTIME.

UNIT29FITNESS.COM