

KING STREET

	MON	TUES	WED	THUR	FRI	SAT
6AM	Box & Burn	Strength	HIIT the Bag	Ali Shuffle	HIIT the Bag	
6.45AM						Run Club
6.55AM	HIIT the Bag	Ali Shuffle	Box & Tech	Strength	Box & Burn	
7.30AM						Box Mix Up
8.30AM						Pilates (Coming Soon)
12PM	Box & Burn	HIIT the Bag	Ali Shuffle	Box & Tech		
4.30PM	HIIT the Bag	Strength	Box & Tech	Ali Shuffle		
5.30PM	Box & Burn	Ali Shuffle	Box & Tech	Strength		
6.30PM			Pilates (Coming Soon)			