

Fast Class Timetable for February 2012

<u>Class</u>	<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>	<u>Saturday</u>	<u>Sunday</u>
Early Fast Class Abs Blast	7:00-7:30				7:00-7:30		
Early Fast Class TRX			7:00- 7:30				
Late Fast Class Abs Blast			17:30- 18:00	17:30- 18:00		1:30-2:00	
Late Fast Class TRX	20:30- 21:00		20:30- 21:00	20:30- 21:00			12:00- 12:30

Please a book space on the class prior to the class starting. TRX has a maximum of 4 spaces available and Abs blast has a maximum of 5 spaces available. Please meet in studio 3 five minutes prior to the class starting.