

# G FIT GYM TIMETABLE

## LADIES ONLY CLASSES

	<b>MON</b>	<b>TUE</b>	<b>WED</b>	<b>THU</b>	<b>FRI</b>	<b>SAT</b>
<b>9:00AM</b>						<b>SAVAGE SATURDAYS</b>
<b>9:30AM</b>	<b>GET UP &amp; GRIND</b> FULL BODY BLITZ					
<b>6:00PM</b>	<b>BUT DID YOU DIE?</b> BOOTCAMP STYLE		<b>W.A.P</b> WEIGHTS, ABS & PUNCHES NEED OWN GLOVES			
<b>7:00PM</b>		<b>SHRED HIIT &amp; ABS</b>		<b>BOOTY BURN</b>		
<b>8:00PM</b>		<b>SHRED HIIT &amp; ABS</b>		<b>BOOTY BURN</b>		



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