

CAMPUSFIT

ON-SITE CLASSES

LOWER GROUND				
	MONDAY	TUESDAY	WEDNESDAY	THURSDAY
● Strength & Conditioning	-	-	-	07:15 – 07:45 Function Fit
	-	-	-	
	-	-	-	
	12.10 – 12.50 Function Fit	12.15 – 12.45 Function Fit	12.10 – 12.50 Spinning	-
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● Cardio Fitness	17.30 – 18.00 Function Fit	-	-	-
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