

CAMDEN QUAY Class Schedule

ONE LIFE FITNESS

Time:	M	T	W	T	F	S	S
6.30 am	BOX	R1DE	Circuit	R1DE	Circuit		
9.45am	Circuit	Booty Blast	Cardio & Core	L1FT	R1DE		
1.10pm	R1DE	15/15	12 ROUNDS	Core Circuit		10.45am R1DE	10.45am R1DE
5.15pm	R1DE BOX	L1FT	Circuit	Booty Blast	Circuit	11.45am L1FT	CIRCUIT
6.15pm	L1FT	BOX	R1DE BOX	Step & L1FT	Cardio & Core		
7.15pm	Booty Blast	R1DE	L1FT	BOX			