

TALLAGHT Class Schedule

ONE LIFE FITNESS

Time:	M	T	W	T	F	S	S
6.30 am	Circuit	R1DE	L1FT	R1DE	Circuit		
9.45am	Combat aerobics	AMRAP	Cardio Blast	L1FT	R1DE	Circuit	
1.10pm	R1DE	15/15	Cardio Attack	Circuit			10.45am R1DE CIRCUIT
5.15pm	R1DE & CORE	L1FT	Booty Blast	Booty Blast	Circuit		
6.15pm	Step & L1FT	R1DE	BOX	R1DE	R1DE		
7.15pm	YOGA	BOX		BOX			