

Timetable	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	
5:00am	5:00 Lacey's 47	5:00 Bootcamp	5:00 Lacey's 47	5:00 Monster Mash	5:00 Lacey's 47			
6:00am	6:00 Pumping Iron	6:00 Lacey's 47	6:00 Bootcamp	6:00 Lacey's 47	6:00 Lacey's 47			
7:00am	7:00 Woman's Boxing				7:00 Woman's Boxing			
8:00am						7:30 Lacey's 47	7:30 Lacey's 47	
9:00am						8:30 Pumping Iron	8:30 Yoga	
10:00am	*9:30 Lacey's 47	*9:30 Pumping Iron	*9:30 Lacey's 47	*9:30 Pumping Iron	*9:30 Lacey's 47	*9:30 Bootcamp	9:30 Pumping Iron	
11:00am						10:30 Boxing		
12:00pm	<b>INNALOO</b>							
1:00pm								
2:00pm								
3:00pm								
4:00pm	3:45 Kids		3:45 Kids		3:45 Kids			
5:00pm	4:30 Lacey's 47	4:30 Bootcamp	4:30 Lacey's 47	4:30 Pumping Iron	4:30 Lacey's 47			
6:00pm	*5:20 Boxing	*5:20 Boxing	5:20 Lacey's 47	*5:20 Boxing	*5:20 Boxing			
7:00pm	6:30 Lacey's 47	6:30 Lacey's 47	6:20 Boxing	6:30 Lacey's 47				
8:00pm								

\*Kids corner will be open during marked classes  
 - all ages during morning classes  
 - for ages 5+ during evening classes

