

The Fitness Hub Group Training Daily Schedule						
	Mon	Tue	Wed	Thu	Fri	Sat
7.00am-7.45am		Beat It! - Adi		Beat It! - Adi		
8.30am-9.15am		Tai Chi - Edwin				
11.00am-11.45am						Movement Therapy - Gina
11.30am-12.15pm	Supercharged ABT - Sharlynn	Primal Flow - Ali	Primal Flow- Adi	BarBell Basics - Sharlynn		
12.30pm-1.15pm	HIIT it HARD! - Ali	Hang Tight! - Ali			Primal Flow- Dennis	HIIT it HARD! - Adi
6.30pm-7.15pm	HIIT it HARD! - Justin	Primal Strength - Adi	Hang Tight! - Justin	BarBell Basics - Adi		
7.15pm-8.00pm		Hang Tight - Dennis			Hang Tight! - Dennis	
		Low Intensity		High Intensity		