

CLASS TIMETABLE

RXLIVE

		MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY		SATURDAY		SUNDAY	
MORNING	7:00 - 12:00	7:30 - 8:00 Via RxGym App	Rx Warrior	7:30 - 8:00 Via RxGym App	Rx Warrior	7:30 - 8:00 Via RxGym App	Rx Warrior	7:30 - 8:00 Via RxGym App	Rx Warrior	7:30 - 8:00 Via RxGym App	Rx Warrior	9:30 - 10:00 Via RxGym App	Rx Warrior	9:30 - 10:00 Via RxGym App	Rx Warrior
AFTERNOON/EVENING	12:00 - 8:00	12:00 - 12:30 Via RxGym App	Rx Warrior	12:00 - 12:30 Via RxGym App	Rx Warrior	12:00 - 12:30 Via RxGym App	Rx Warrior	12:00 - 12:30 Via RxGym App	Rx Warrior	12:00 - 12:30 Via RxGym App	Rx Warrior				
		6:00 - 6:30 Via RxGym App	Rx Warrior	6:00 - 6:30 Via RxGym App	Rx Warrior	6:00 - 6:30 Via RxGym App	Rx Warrior	6:00 - 6:30 Via RxGym App	Rx Warrior	6:00 - 6:30 Via RxGym App	Rx Warrior			5:00 - 5:30 Via RxGym App	Rx Yoga
				7:30 - 8:00 Via RxGym App	Rx Pilates	7:30 - 8:00 Via RxGym App	Rx Yoga	7:30 - 8:00 Via RxGym App	Rx Pilates						

● STRENGTH & CONDITIONING

● CARDIO, CORE & FAT BURN

● BODY CONDITIONING, HIIT & FAT BURN

● MOBILITY, FLEXIBILITY, PHYSIOTHERAPY & MEDITATION

● COMBAT, SELF DEFENCE & HIIT

PLEASE NOTE, THIS TIMETABLE IS SUBJECT TO CHANGE.