



**GROUP FITNESS TIMETABLE
INNOVATION CAMPUS- MAY 17TH 2022**

| Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
|----------------------------|----------------------------|----------------------------|--------------------|----------------------------|----------|--------|
| 6:00AM IC | | | | | | |
| FMT ATHLETIC 60min | YOGA 60min | FMT ATHLETIC 60min | CARDIOBOX 60min | FMT OUTDOOR 60min | | |
| 9:00AM IC | | | | | | |
| OVER 55'S FITNESS 45min | OVER 55'S FITNESS 45min | OVER 55'S FITNESS 45min | | OVER 55'S FITNESS 45min | | |
| 12:00PM IC | | | | | | |
| FMT ATHLETIC 45min | CARDIOBOX 45min | FMT ATHLETIC 45min | GYM YOGA 45min | | | |