

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6:00AM IC						
FMT Athletic 60min	Yoga 60min	FMT Athletic 60min	Cardiobox 60min	FMT Strength 60min		
9:00AM IC						
Over 55s 60min	Pilates 60min	Over 55s 60min		Over 55s 60min		
12:00PM IC						
FMT Athletic 45min	Cardiobox 45min	FMT Athletic 45min	Yoga 45min			