



FITNESS

OPTIMUM GRADE FITNESS

PAIN-FREE MOVEMENT & PERFORMANCE

“Move better, feel better, live better.”

CLASS SCHEDULE

CONTACT US TO BOOK YOUR FIRST CLASS FREE

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>8:00am Sunday Sculpt</p> <p>BOOK HERE</p> 	<p>6:00am Strength & Mobility</p> <p>9:00am Active OGs</p> <p>10:00am HIIT</p> <p>6:00pm Making Muscles MasterClass</p> <p>7:00pm BBL Class</p>	<p>5:00am Early Bird Burn</p> <p>6:00am Making Muscles MasterClass</p> <p>3:30pm Youth Strength Training</p> <p>5:30pm HIIT</p> <p>6:30pm Strength & Mobility</p>	<p>6:00am Strength & Mobility</p> <p>9:00am Active OGs</p> <p>10:00am HIIT</p> <p>6:00pm Making Muscles MasterClass</p>	<p>5:00am Early Bird Burn</p> <p>6:00am BBL Class</p> <p>3:30pm Youth Strength Training</p> <p>5:30pm HIIT</p> <p>6:30pm Strength & Mobility</p>	<p>5:00am Early Bird Burn</p> <p>6:00am Strength & Mobility</p> <p>9:00am Active OGs</p> <p>10:00am HIIT</p> <p>6:00pm BBL Class</p>	<p>8:00am HIIT</p> <p>9:00am Circuit Class</p>