

# Class Timetable

Burwell, Cambridge

LEVEL UP.

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
6.30 am	Body Conditioning	HIIT	Tempo	HIIT	Body Conditioning	
7.30 am						HIIT
9.30 am		HIIT		HIIT		
9.15 am						Full Body Mobilisation
6.30 pm	HIIT	Body Conditioning	Full Body Mobilisation	Tempo		
7.30 pm	Functional Runners		Youth Athletic Development			

# Class Timetable

Great Shelford, Cambridge

LEVEL UP.

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
6.30 am	Body Conditioning	HIIT	Tempo	HIIT	Body Conditioning	
7.30 am						HIIT
9.15 am						Full Body Mobilisation
5.30 pm		Body Conditioning	Full Body Mobilisation	Tempo		
6.30 pm	HIIT					