

CLASSES*

Updated April 2024



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
6am		FULL BODY FAT BLAST	RAISE THE BAR Strength	BOXFIT	
9.15am	CIRCUIT [kids welcome]		CIRCUIT [kids welcome]		CIRCUIT [kids welcome]
11am			FLEX FIT		
6pm	TABATA Strength & Cardio				

*Classes are subject to change without notice – bookings required.

Please book online using the Classfit system – visit www.leesgym.com.au