

Beyond Barriers Group Training Class Time Table (Revision October 2019) TO BE CONFIRMED

24hr Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
17:30							
18:00		Total Tone TGG Wakefield	Body Measures Diet & Nutrition				
18:30				Total Body Tabata Core Legs & Bums	Fat Loss / Tone Up Athletic Intermediate Beginner		
19:00							
19:30							
20:00							
20:30							
21:00							
21:30							
22:00							