

**FITNABEL
FITNESS**

**CLASS
TIME TABLE**

Booking essential



**UNDERGROUND
GYM**

FITNABEL FITNESS CLASS

Monday

9:30am - EMPOWER - BOX

6:15pm - ENERGISE - HIFT

**UNDERGROUND
GYM**



FITNABEL FITNESS CLASS

Tuesday

6:15am - ENRICH - STRENGTH

9:30am - ENERGISE - HIFT

6:15pm - EMPOWER - BOX

**UNDERGROUND
GYM**



FITNABEL FITNESS CLASS

Wednesday

9:30am - ENERGISE- HIFT

6:15pm - ENRICH - STRENGTH

**UNDERGROUND
GYM**



FITNABEL FITNESS CLASS

Thursday

6:15am - ENERGISE - HIIT

9:30am - EMPOWER - STRENGTH

6:15pm - EMPOWER - BOX

**UNDERGROUND
GYM**



FITNABEL FITNESS CLASS

Friday

9:30am - EMPOWER - BOX

**UNDERGROUND
GYM**



FITNABEL FITNESS CLASS

Saturday

8:00am - ENERGISE - HIFT

**UNDERGROUND
GYM**

