

2024 BHIVE CLASSES - WEEKLY SCHEDULE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
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EARLY RISERS

	METAFIT 5:30-6AM		CIRCUIT 5:30-6:15AM			
XTRAINING 6-6:45AM	YOGA 6-6:45AM	XTRAINING 6-6:45AM		XTRAINING 6-6:45AM	METAFIT 7:30-8AM	
	XTRAINING 7:30-8:15AM		METAFIT 7:30-8AM		YOGA 8-8:45AM	

MID-MORNING MADNESS

XTRAINING 9:10-9:55AM	XTRAINING 9:10-9:55AM	XTRAINING 9:10-9:55AM	CIRCUIT 9:10-9:55AM	BURN 9:10-9:55AM	XTRAINING 9:10-9:55AM	XTRAINING 9:10-9:55AM
CIRCUIT 10-10:45AM	BHIVE BOXING 10-10:45AM	Low Impact Circuit 10-10:45PM	BHIVE BOXING 10-10:45AM	METAFIT 10-10:30AM		STRONGMAN STRONGWOMAN 10-10:45AM

EVENING INSANITIES

KIDS BOXING 4:45-5:15PM	KIDSFIT 4-4:30PM		TEEN STRENGTH 4:45-5:30PM	KIDS BOXING 4-4:30PM
			SPORTFIT 5:15-6PM	
Low Impact Circuit 6-6:45PM	XTRAINING 6-6:45PM	BHIVE BOXING 6-6:45PM	XTRAINING 6-6:45PM	XTRAINING 6-6:45PM
RUNFIT (OUTSIDE) 7-7:45PM	DanceFit 7-7:45PM		DanceFit 7-7:45PM	



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