

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

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|---------------------------------|-----------------------------------|---|-----------------------------------|-------------------------------|---------------------------------|--|
| XTRAINING 9:10-9:55AM | HiITFIT 9:10-9:55AM | XTRAINING 9:10-9:55AM | CIRCUIT 9:10-9:55AM | HiITFIT 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 10-10:45AM | BHIVE BOXING 10-10:45AM | | | STRONGMAN STRONGWOMAN 10-10:45AM |

EVENING INSANITIES

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|---------------------------------------|------------------------------|---------------------------------|-------------------------------------|--------------------------------|
| 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 |
| RACEFIT 7-7:45PM | YOGA 6:45-7:30PM | | | |



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