

## 2025 BHIVE CLASSES - WEEKLY SCHEDULE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
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### EARLY RISERS

	<b>METAFIT</b> 5:30-6AM		<b>CIRCUIT</b> 5:30-6:15AM			
<b>XTRAINING</b> 6-6:45AM	<b>YOGA</b> 6-6:45AM	<b>XTRAINING</b> 6-6:45AM	<b>MAT PILATES</b> 6:30-7:15AM	<b>XTRAINING</b> 6-6:45AM	<b>METAFIT</b> 7:30-8AM	
	<b>XTRAINING</b> 7:30-8:15AM		<b>METAFIT</b> 7:30-8AM		<b>YOGA</b> 8-8:45AM	

### MID-MORNING MADNESS

<b>XTRAINING</b> 9:10-9:55AM	<b>HiITFIT</b> 9:10-9:55AM	<b>XTRAINING</b> 9:10-9:55AM	<b>CIRCUIT</b> 9:10-9:55AM	<b>HiITFIT</b> 9:10-9:55AM	<b>CIRCUIT</b> 9:10-9:55AM	<b>XTRAINING</b> 9:10-9:55AM
<b>CIRCUIT</b> 10-10:45AM	<b>BHIVE BOXING</b> 10-10:45AM	<b>Low Impact CIRCUIT</b> 10-10:45AM	<b>BHIVE BOXING</b> 10-10:45AM			

### EVENING INSANITIES

<b>KIDS BOXING</b> 4:45-5:15PM	<b>KIDSFIT</b> 4-4:30PM		<b>TEEN STRENGTH</b> 4:45-5:30PM	<b>KIDS BOXING</b> 4-4:30PM
			<b>SPORTFIT</b> 5:15-6PM	
<b>Low Impact CIRCUIT</b> 6-6:45PM	<b>XTRAINING</b> 6-6:45PM	<b>BHIVE BOXING</b> 6-6:45PM	<b>XTRAINING</b> 6-6:45PM	<b>XTRAINING</b> 6-6:45PM
<b>RACEFIT</b> 7-7:45PM	<b>YOGA</b> 6:45-7:30PM			



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