

DFC FITNESS HUB - SCHEDULE



FITNESS HUB NAME

The HyperFit360 – Pac-Man 30x30 Fitness Hub

WEEK 1 - 31 OCTOBER TO 6 NOVEMBER

SATURDAY	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
31 OCTOBER	1 NOVEMBER	2 NOVEMBER	3 NOVEMBER	4 NOVEMBER	5 NOVEMBER	6 NOVEMBER
9:00 – 9:30 Pacman	9:00 – 9:30 HyperFit360	9:00 – 9:30 Hyperfit360	9:00 – 9:30 Pacman	9:00 – 9:30 HyperFit360	9:00 – 9:30 Pacman	9:00 – 9:30 HyperFit360
10:00 – 10:45 HyperFit360	10:00 – 10:30 Pacman	18:30 – 19:00 Pacman	18:30 – 19:15 HyperFit360	18:30 – 19:00 Pacman	18:30 – 19:15 HyperFit360	18:30 – 19:00 Pacman

BOOK VIA: [Hyperfit360.com](https://hyperfit360.com)

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WEEK 2 - 7 NOVEMBER TO 13 NOVEMBER

SATURDAY	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
7 NOVEMBER	8 NOVEMBER	9 NOVEMBER	10 NOVEMBER	11 NOVEMBER	12 NOVEMBER	13 NOVEMBER
9:00 – 9:30 Pacman	9:00 – 9:30 HyperFit360	9:00 – 9:30 Hyperfit360	9:00 – 9:30 Pacman	9:00 – 9:30 HyperFit360	9:00 – 9:30 Pacman	9:00 – 9:30 HyperFit360
10:00 – 10:45 HyperFit360	10:00 – 10:30 Pacman	18:30 – 19:00 Pacman	18:30 – 19:15 HyperFit360	18:30 – 19:00 Pacman	18:30 – 19:15 HyperFit360	18:30 – 19:00 Pacman

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WEEK 3 - 14 NOVEMBER TO 20 NOVEMBER

SATURDAY	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
14 NOVEMBER	15 NOVEMBER	16 NOVEMBER	17 NOVEMBER	18 NOVEMBER	19 NOVEMBER	20 NOVEMBER
9:00 – 9:30 Pacman	9:00 – 9:30 HyperFit360	9:00 – 9:30 Hyperfit360	9:00 – 9:30 Pacman	9:00 – 9:30 HyperFit360	9:00 – 9:30 Pacman	9:00 – 9:30 HyperFit360
10:00 – 10:45 HyperFit360	10:00 – 10:30 Pacman	18:30 – 19:00 Pacman	18:30 – 19:15 HyperFit360	18:30 – 19:00 Pacman	18:30 – 19:15 HyperFit360	18:30 – 19:00 Pacman

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WEEK 4 - 21 NOVEMBER TO 27 NOVEMBER

SATURDAY	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
21 NOVEMBER	22 NOVEMBER	23 NOVEMBER	24 NOVEMBER	25 NOVEMBER	26 NOVEMBER	27 NOVEMBER
9:00 – 9:30 Pacman	9:00 – 9:30 HyperFit360	9:00 – 9:30 Hyperfit360	9:00 – 9:30 Pacman	9:00 – 9:30 HyperFit360	9:00 – 9:30 Pacman	9:00 – 9:30 HyperFit360
10:00 – 10:45 HyperFit360	10:00 – 10:30 Pacman	18:30 – 19:00 Pacman	18:30 – 19:15 HyperFit360	18:30 – 19:00 Pacman	18:30 – 19:15 HyperFit360	18:30 – 19:00 Pacman

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WEEK 5 - 28 NOVEMBER & 29 NOVEMBER

SATURDAY

SUNDAY

28 NOVEMBER

29 NOVEMBER

9:00 – 9:30
Pacman

9:00 – 9:30
HyperFit360

10:00 – 10:45
HyperFit360

10:00 – 10:30
Pacman

BOOK VIA: [Hyperfit360.com](https://hyperfit360.com)