

DFC FITNESS HUB - SCHEDULE



FITNESS HUB NAME

THE METROFITT – BUSINESS VILLAGE 30X30 FITNESS

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
18:15 NXT KIDSCCLASS HALLOWEEN PARTY	11:00 LES MILLS TONE	18:15 STEPFITT ATHLETIC	18:15 LES MILLS TONE	18:15 BOOTCAMP	18:15 SUNSET YOGA	18:15 FITTCLASS
19:30 - 21:00 PRIMAL MOVEMENT BOOTCAMP CLASS	17:00 CIRCUIT	19:30 ZUMBA	19:30 BODYATTACK	19:30 ZUMBA	19:30 BODYCOMBAT	19:30 ZUMBA
	18:30 YOGA	20:15 BOOTCAMP	20:15 BODYCOMBAT	20:15 STEPFITT	20:15 BOLLYFITT	20:15 LES MILLS DANCE

BOOK VIA: <https://forms.gle/S8oNH9bQSi9KWwXC8>

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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
18:15 NXT KIDSCCLASS	11:00 LES MILLS TONE	18:15 STEPFITT ATHLETIC	18:15 LES MILLS TONE	18:15 BOOTCAMP	18:15 SUNSET YOGA	18:15 FITTCLASS
19:30 - 21:00 BODYATTACK MAX	17:00 CIRCUIT	19:30 ZUMBA	19:30 BODYATTACK	19:30 ZUMBA	19:30 BODYCOMBAT	19:30 ZUMBA
	18:30 YOGA	20:15 BOOTCAMP	20:15 BODYCOMBAT	20:15 STEPFITT	20:15 BOLLYFITT	20:15 LES MILLS DANCE

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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
18:15 NXT KIDSCCLASS	11:00 LES MILLS TONE	18:15 STEPFITT ATHLETIC	18:15 LES MILLS TONE	18:15 BOOTCAMP	18:15 SUNSET YOGA	18:15 FITTCLASS
19:30 - 21:00 DANCE FEST MAX (ZUMBA / BOLLYFITT)	17:00 CIRCUIT	19:30 ZUMBA	19:30 BODYATTACK	19:30 ZUMBA	19:30 BODYCOMBAT	19:30 ZUMBA
	18:30 YOGA	20:15 BOOTCAMP	20:15 BODYCOMBAT	20:15 STEPFITT	20:15 BOLLYFITT	20:15 LES MILLS DANCE

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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
18:15 NXT KIDSCCLASS	11:00 LES MILLS TONE	18:15 STEPFITT ATHLETIC	18:15 LES MILLS TONE	18:15 BOOTCAMP	18:15 SUNSET YOGA	18:15 FITTCLASS
19:30 - 21:00 MOONLIGHT YOGA	17:00 CIRCUIT	19:30 ZUMBA	19:30 BODYATTACK	19:30 ZUMBA	19:30 BODYCOMBAT	19:30 ZUMBA
	18:30 YOGA	20:15 BOOTCAMP	20:15 BODYCOMBAT	20:15 STEPFITT	20:15 BOLLYFITT	20:15 LES MILLS DANCE

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WEEK 5 - 28 NOVEMBER & 29 NOVEMBER

SATURDAY

SUNDAY

28 NOVEMBER

29 NOVEMBER

18:15
NXT KIDSCCLASS

11:00
LES MILLS TONE

19:30 - 21:00
BODYCOMBAT
MAX

17:00
CIRCUIT

18:30
YOGA

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