

THE WELL GROUP FITNESS TIMETABLE

Monday	
6:00am	Strength HIIT
9:00am	Strength HIIT

Tuesday	
6:00am	Strength HIIT
7:00am	Cardio HIIT

Wednesday	
6:00am	Strength HIIT

Thursday	
6:00am	Cardio HIIT

Friday	
7:00am	Strength HIIT
9:00am	Strength HIIT

Saturday	
7:00am	Strength HIIT
8:00am	Cardio HIIT

THE WELL

**Please book classes via the Mindbody app.
Classes are subject to change.*