

# TRIBE FORTY5

Tribal gatherings take place on the following days and times. Book via App, Web or at Reception... We look forward to welcoming you in to the tribe.

	MON	TUE	WED	THU	FRI	SAT	SUN
Indoor Cycle		06:45		06:45 18:30		09:30	
Circuits	17:30					08:30	
Lift & Swing	11:15	09:30	17:30				
Primal HIIT		17:30	12:00		11:15		
Power Hour					17:30		11:00
Pre: Workout			07:00		07:00		
Core Balance	18:15		18:15				

