

PWR FIT Class *Weekly schedule*

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
05:30	Pull Day - functional strength	Leg Day- Strength	Elevate - Cardio focused class	Upper Body - Strength	Hybrid - Strength & Fitness	PT SPOT AVAILABLE	PT SPOT AVAILABLE
06:15	Pull Day - functional strength	Leg Day- Strength	Elevate - Cardio focused class	Upper Body - Strength	Hybrid - Strength & Fitness	PT SPOT AVAILABLE	PT SPOT AVAILABLE
07:00	PT SPOT AVAILABLE	Leg Day- Strength	-	Upper Body - Strength	PWR Pilates - Mat pilates class	Hybrid - Strength & Fitness	PT SPOT AVAILABLE
07:15	PT SPOT AVAILABLE	-	PWR Pilates - Mat pilates class	-	-	-	-
08:00	PT SPOT AVAILABLE	PT SPOT AVAILABLE	PT SPOT AVAILABLE	PT SPOT AVAILABLE	PT SPOT AVAILABLE	PWR Pilates - Mat pilates class	Functional Strength & Fitness
9:00	Pull Day - functional strength	Leg Day- Strength	Elevate - Cardio focused class	Upper Body - Strength	PWR BOX FIT - Full body boxing class	PT SPOT AVAILABLE	Yoga
10:15	PT SPOT AVAILABLE	PT SPOT AVAILABLE	PT SPOT AVAILABLE	PT SPOT AVAILABLE	PT SPOT AVAILABLE	PT SPOT AVAILABLE	PT SPOT AVAILABLE
12:15	PT SPOT AVAILABLE	PWR Pilates - Mat pilates class	PWR BOX FIT - Full body boxing class	PT SPOT AVAILABLE	Functional Strength	PT SPOT AVAILABLE	PT SPOT AVAILABLE
3:30	PT SPOT AVAILABLE	PT SPOT AVAILABLE	-	PT SPOT AVAILABLE	PT SPOT AVAILABLE	PT SPOT AVAILABLE	PT SPOT AVAILABLE
5:30	PT SPOT AVAILABLE	PT SPOT AVAILABLE	Elevate - Cardio focused class	PT SPOT AVAILABLE	PT SPOT AVAILABLE		
6:00	Pull Day - functional strength	Leg Day- Strength	-	Upper Body - Strength	PT SPOT AVAILABLE		
6:15	-	-	Yoga	-	-		



Scan the QR code to check out our website.



Scan the QR code to purchase your 1 month membership. Don't forget to use your code for a special discount.

To book a Personal Training session with us, please contact us on :
 0273633392 or
 pwrfitstudios@gmail.com