HIGHLANDS SPORTS CENTRE

LIVE STRONG WEEKLY SCHEDULE

MONDAY	STAY UPRIGHT 8:00– 8:30 AM HERFIT 9:30 – 10:00 AM LONGEVITY MOVEMENT 10:05 – 10:35 AM TABATA 4:40 – 5:10 PM
TUESDAY	HERFIT 4:00 – 4:30 PM LONGEVITY MOVEMENT 5:20 – 5:50 PM
WEDNESDAY	HERFIT 9:30 – 10:00 AM LONGEVITY MOVEMENT 10:05 – 10:35 AM TABATA 4:40 – 5:10 PM
THURSDAY	HERFIT 4:00 – 4:30 PM LONGEVITY MOVEMENT 5:20 – 5:50 PM
FRIDAY	STAY UPRIGHT 8:00– 8:30 AM HERFIT 9:30 – 10:00 AM LONGEVITY MOVEMENT 10:05 – 10:35 AM TABATA 4:40 – 5:10 PM