



FITBIRDS TIMETABLE

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
0615	Plyo + Power SGPT	Calisthenics	Lower SGPT	Fly	Strong		
0730	Fly	Full Body SGPT	MetCon	Core SGPT		Pilates	
0845						Vinyasa	
0915	Mobility SGPT	Booty	Full Body SGPT	Calisthenics	MetCon	Box Crystal Palace Park	Core
1030	Band Mayow Park	Upper SGPT	Vinyasa	Loosen Up	Band Crystal Palace Park	Booty Crystal Palace Park	Strong
1030					Strong 12.30pm	Upper SGPT	
1130	Rehab						Full Body SGPT
1830	Full Body SGPT	Strong	MetCon	Bumpin' Course/Animal Flow	CLASSES IN BOLD , SGPT SPECIFIED ALL WEEKDAY MORNING CLASSES ARE 45MIN ALL SGPT SESSIONS ARE 60MIN 6.15AM SESSIONS LIVE FROM 1/1/26 BABIES/KIDS WELCOME TO SGPT SESSIONS BETWEEN 9-5PM (WITH EXCEPTIONS) MORE PARK CLASSES WILL BE REINTRODUCED IN SPRING		
1945	Pilates	Lower SGPT	Vinyasa	Calisthenics			