

FALL TIMETABLE 2019

CLASSIC METAFIT

9.15AM MON/WEDS/FRI

45 mins. high intensity interval training session using your body weight only. Fast, Fun and Effective!

METAFIT + EXTRA CORE

7PM THURSDAY

Metafit session plus an extra core workout specifically geared towards runners. Non runners welcome too!

METAFIT 'LIGHT'

11AM FRIDAY

For those new to exercise or if it has been awhile since you got all hot and sweaty - this session is for you! Learn how to do all exercises safely with good form and build up your fitness and confidence in a small group setting

STARTING SEPTEMBER 9TH