

# CLASS TIMETABLE

		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY							
MORNING	9:00 - 12:00	9:30 - 10:00 MAIN STUDIO	BOOTCAMP	9:30 - 10:00 SPIN STUDIO	SPIN	9:30 - 10:00 GYM FLOOR	RIG FIT	9:30 - 10:00 SPIN STUDIO	SPIN	9:30 - 10:00 MAIN STUDIO	STRETCH & TONE	8:00 - 8:45 SPIN STUDIO	SPIN	9:15 - 10:00 SPIN STUDIO	SPIN
												9:15 - 10:15 MAIN STUDIO	STRENGTH & CONDITIONING	10:15 - 11:30 MAIN STUDIO	TBC
DAYTIME	12:00 - 17:00	12:30 - 13:00 MAIN STUDIO	BLAST 30	12:30 - 13:00 SPIN STUDIO	SPIN	12:30 - 13:00 MAIN STUDIO	ABS BLAST	12:30 - 13:00 GYM FLOOR	RIG FIT	12:30 - 13:00 MAIN STUDIO	BOOTCAMP				
		13:15 - 13:45 MAIN STUDIO	STRETCH & TONE	13:15 - 13:45 GYM FLOOR	RIG FIT	13:15 - 13:45 MAIN STUDIO	BLAST 30	13:15 - 13:45 MAIN STUDIO	STRETCH & TONE	13:15 - 13:45 SPIN STUDIO	SPIN				
EVENING	17:00 - 22:00	18:00 - 18:45 SPIN STUDIO	SPIN	17:30 - 18:30 MAIN STUDIO	COMBAT HIIT	17:30 - 18:30 MAIN STUDIO	STRENGTH & CONDITIONING	17:30 - 18:15 SPIN STUDIO	SPIN						
		18:45 - 19:45 MAIN STUDIO	PILATES	18:45 - 19:30 SPIN STUDIO	SPIN	18:45 - 19:45 MAIN STUDIO	ZUMBA	18:30 - 19:30 MAIN STUDIO	BOOTCAMP						
		20:00 - 21:00 MAIN STUDIO	ZUMBA	20:00 - 21:00 SPIN STUDIO	YOGA	20:00 - 21:00 MAIN STUDIO	PILATES								

- CARDIO
- STRENGTH
- COMBAT
- INTERVAL
- MIND & BODY
- DANCE



CLASSES OPERATE ON A BOOKING SYSTEM VIA THE PUMP GYMS APP. PLEASE ENSURE YOU TURN UP ON TIME OR YOU MAY BE REFUSED ENTRY. THIS TIMETABLE MAY BE SUBJECT TO CHANGE.