

# CLASS TIMETABLE

		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY							
MORNING	6:00 - 12:00	6:30 - 7:00 SPIN STUDIO	SPIN	6:30 - 7:00 MAIN STUDIO	BODY PUMP	6:30 - 7:30 GYM FLOOR	CIRCUITS	7:00 - 7:30 MAIN STUDIO	BODY PUMP	6:45 - 7:30 SPIN STUDIO	SPIN	8:00 - 9:00 MAIN STUDIO	PILATES	8:00 - 9:00 MAIN STUDIO	VIRTUAL YOGA
		7:00 - 7:30 MAIN STUDIO	ABS	7:00 - 7:30 MAIN STUDIO	HIIT	7:00 - 7:30 SPIN STUDIO	SPIN	7:30 - 8:00 MAIN STUDIO	BODY BALANCE	9:20 - 10:00 MAIN STUDIO	BAR BLAST	9:00 - 9:45 SPIN STUDIO	SPIN	9:00 - 9:45 SPIN STUDIO	SPIN
		9:30 - 9:50 GYM FLOOR	CIRCUITS	9:30 - 10:30 MAIN STUDIO	YOGA	9:30 - 10:00 GYM FLOOR	RIG FIT	9:30 - 10:10 GYM FLOOR	BLAST 40	10:00 - 11:00 MAIN STUDIO	PINK BELT KICK BOXING	10:00 - 10:55 MAIN STUDIO	LES MILLS BODY PUMP	10:00 - 10:30 GYM FLOOR	HIIT
		10:00 - 10:30 GYM FLOOR	RIG FIT	10:30 - 11:20 SPIN STUDIO	LES MILLS VIRTUAL RPM	10:30 - 11:30 MAIN STUDIO	LES MILLS BODY PUMP	10:30 - 11:20 SPIN STUDIO	LES MILLS VIRTUAL RPM	10:00 - 10:45 SPIN STUDIO	LES MILLS VIRTUAL RPM	11:00 - 11:55 MAIN STUDIO	ZUMBA	10:30 - 11:00 MAIN STUDIO	ABS BLAST
DAYTIME	12:00 - 17:00	12:00 - 12:20 GYM FLOOR	BLAST 20	12:00 - 12:30 GYM FLOOR	BOOTCAMP	12:00 - 12:20 GYM FLOOR	BLAST 20	12:00 - 12:20 GYM FLOOR	BLAST 20	12:00 - 12:20 GYM FLOOR	BLAST 20	12:00 - 13:00 MAIN STUDIO	PINK BELT KICK BOXING	11:30 - 12:20 SPIN STUDIO	LES MILLS VIRTUAL RPM
		13:00 - 13:30 GYM FLOOR	RIG FIT	12:30 - 12:50 MAIN STUDIO	ABS	12:30 - 13:00 MAIN STUDIO	HIIT CARDIO	12:30 - 12:50 MAIN STUDIO	ABS	12:30 - 13:00 MAIN STUDIO	LBT	13:15 - 13:45 MAIN STUDIO	LBT		
				13:00 - 13:30 SPIN STUDIO	SPIN BLAST	13:00 - 13:30 MAIN STUDIO	BEACH BODY VIRTUAL	12:30 - 13:00 SPIN STUDIO	SPIN BLAST	14:30 - 15:00 GYM FLOOR	RIG FIT				
EVENING	17:00 - 22:00	17:00 - 17:30 MAIN STUDIO	BOX HIIT	16:45 - 17:15 GYM FLOOR	CIRCUITS	16:00 - 16:30 GYM FLOOR	HIIT	16:00 - 16:20 MAIN STUDIO	ABS	17:30 - 18:00 MAIN STUDIO	BOX HIIT				
		17:30 - 18:30 MAIN STUDIO	LES MILLS BODY COMBAT	17:15 - 17:55 GYM FLOOR	BLAST 40	16:30 - 17:00 GYM FLOOR	RIG FIT	17:30 - 18:15 SPIN STUDIO	SPIN	18:15 - 18:55 GYM FLOOR	BLAST 40				
		18:00 - 18:40 GYM FLOOR	BLAST 40	18:00 - 18:45 MAIN STUDIO	BODY BALANCE	17:30 - 18:00 MAIN STUDIO	BOX HIIT	17:30 - 18:30 MAIN STUDIO	LES MILLS BODY COMBAT	19:00 - 19:55 MAIN STUDIO	VIRTUAL PILATES				
		18:30 - 19:25 MAIN STUDIO	LES MILLS BODY PUMP	19:00 - 20:00 MAIN STUDIO	LES MILLS BODY COMBAT	18:00 - 18:55 MAIN STUDIO	ZUMBA	19:00 - 19:40 GYM FLOOR	BLAST 40						
		19:30 - 20:30 MAIN STUDIO	PILATES	20:00 - 20:45 SPIN STUDIO	SPIN	19:30 - 20:15 MAIN STUDIO	LES MILLS BODY PUMP	19:30 - 20:30 MAIN STUDIO	ZUMBA						
		20:30 - 21:20 SPIN STUDIO	LES MILLS VIRTUAL RPM			20:15 - 21:15 MAIN STUDIO	YOGA	20:30 - 21:00 GYM FLOOR	RIG FIT						

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



ALL CLASSES CAN BE BOOKED THROUGH YOUR MEMBER PORTAL, AND CAN BE BOOKED UP TO 6 DAYS IN ADVANCE. FAILURE TO ATTEND CLASSES YOU HAVE BOOKED MY RESULT IN BOOKING PRIVILEGES BEING REVOKED. OUTSIDE OF THESE TIMES VIRTUAL CLASSES ARE AVAILABLE IN BOTH STUDIOS. TIMETABLE MAY BE SUBJECT TO CHANGE.