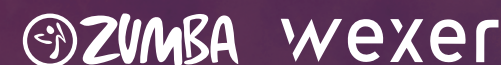


CLASS TIMETABLE

		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY							
MORNING	6:00 - 12:00	9:30 - 10:00 GYM FLOOR	BOOTCAMP	6:30 - 7:00 GYM FLOOR	RIG FIT	9:30 - 10:00 MAIN STUDIO	GET FIT CIRCUITS	6:30 - 7:00 MAIN STUDIO	ABS BLAST	9:30 - 10:00 MAIN STUDIO	GET FIT CIRCUITS	8:15 - 9:00 SPIN STUDIO	SPIN	8:00 - 8:50 MAIN STUDIO	PILATES
		9:30 - 10:30 MAIN STUDIO	PILATES	7:15 - 7:45 MAIN STUDIO	BOOT CAMP			7:15 - 7:45 MAIN STUDIO	BOOTCAMP			9:30 - 10:30 MAIN STUDIO	BOOTCAMP	9:00 - 10:00 MAIN STUDIO	ZUMBA
				9:30 - 10:00 MAIN STUDIO	FUNCTIONAL FITNESS			7:15 - 8:00 SPIN STUDIO	SPIN			10:30 - 11:00 MAIN STUDIO	FLEX 'N' STRETCH	9:30 - 10:15 SPIN STUDIO	SPIN
								9:30 - 10:00 MAIN STUDIO	FUNCTIONAL FITNESS			11:15 - 12:00 MAIN STUDIO	COMBAT BLAST	11:15 - 12:00 MAIN STUDIO	LBT
DAYTIME	12:00 - 17:00	12:00 - 12:30 SPIN STUDIO	SPIN	12:00 - 12:30 MAIN STUDIO	LBT	12:00 - 12:30 SPIN STUDIO	SPIN	12:00 - 12:30 MAIN STUDIO	GET FIT CIRCUITS	12:00 - 12:30 MAIN STUDIO	LBT				
		12:30 - 13:00 MAIN STUDIO	FULL BODY BLAST	12:30 - 13:00 MAIN STUDIO	GET FIT CIRCUITS	12:30 - 13:00 MAIN STUDIO	FULL BODY BLAST	12:30 - 13:00 SPIN STUDIO	SPIN	12:30 - 13:00 GYM FLOOR	RIG FIT				
EVENING	17:00 - 22:00	18:30 - 19:00 MAIN STUDIO	BOOTCAMP	18:00 - 18:45 MAIN STUDIO	LBT	18:00 - 18:30 MAIN STUDIO	CARDIO CIRCUITS	18:00 - 18:30 MAIN STUDIO	BOOTCAMP	17:30 - 18:00 MAIN STUDIO	BARBELL BLAST				
		19:00 - 19:45 SPIN STUDIO	SPIN	19:30 - 20:00 SPIN STUDIO	SPIN	19:15 - 20:00 SPIN STUDIO	SPIN	18:40 - 19:40 MAIN STUDIO	COMBAT BLAST						
		19:15 - 20:15 MAIN STUDIO	YOGA	20:00 - 20:30 MAIN STUDIO	CORE SHOCK	19:00 - 19:45 MAIN STUDIO	LBT	19:45 - 20:45 MAIN STUDIO	YOGA						
		20:30 - 21:30 MAIN STUDIO	ZUMBA			20:00 - 21:00 MAIN STUDIO	ZUMBA								

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



CLASSES NEED TO BE BOOKED VIA THE PUMP GYMS APP. THIS CAN BE DONE 7 DAYS IN ADVANCE. PLEASE ENSURE YOU TURN UP ON TIME OR YOU MAY BE REFUSED ENTRY. THIS TIMETABLE MAY BE SUBJECT TO CHANGE. 100+ VIRTUAL ON DEMAND CLASSES AVAILABLE 24/7 IN CLUB AND VIA THE PUMP GYMS APP.