

CLASS TIMETABLE

| | | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY | SUNDAY | | | | | | | |
|---------|---------------|------------------------------|--------------------------|------------------------------|--------------------------|------------------------------|--------------------------|------------------------------|--------------------------|------------------------------|-----------------------|------------------------------|------------------------|----------------------------|--------------------------|
| MORNING | 6:00 - 12:00 | 6:30 - 7:00 MAIN STUDIO | HIIT | 6:30 - 7:00 SPIN STUDIO | SPIN | 6:30 - 7:00 GYM FLOOR | RIG FIT | 6:30 - 7:00 SPIN STUDIO | SPIN | 6:30 - 7:00 MAIN STUDIO | TOTAL BODY WORKOUT | 8:00 - 8:45 SPIN STUDIO | SPIN | 8:00 - 9:00 MAIN STUDIO | LES MILLS BODY COMBAT |
| | | 7:10 - 7:40 SPIN STUDIO | SPIN | 7:10 - 7:40 MAIN STUDIO | HIIT | 7:10 - 7:40 SPIN STUDIO | SPIN | 7:10 - 7:40 MAIN STUDIO | HIIT | 7:10 - 7:40 SPIN STUDIO | SPIN | 9:00 - 10:00 MAIN STUDIO | LES MILLS BODY PUMP | 9:00 - 9:45 SPIN STUDIO | SPIN |
| | | 9:30 - 10:15 MAIN STUDIO | CIRCUITS | 9:30 - 10:15 GYM FLOOR | RIG FIT | 9:30 - 10:15 MAIN STUDIO | LBT | 9:30 - 10:30 MAIN STUDIO | YOGA | 9:30 - 10:15 GYM FLOOR | RIG FIT | 10:10 - 10:50 MAIN STUDIO | ZUMBA TONE | | |
| | | | | | | | | | | | | 11:20 - 12:20 MAIN STUDIO | YOGA | | |
| DAYTIME | 12:00 - 16:00 | 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 GYM FLOOR | RIG FIT | 12:00 - 12:30 SPIN STUDIO | SPIN | | | | |
| | | 12:45 - 13:15 MAIN STUDIO | TOTAL BODY WORKOUT | 12:45 - 13:15 SPIN STUDIO | SPIN | 12:45 - 13:15 MAIN STUDIO | TOTAL BODY WORKOUT | 12:45 - 13:15 MAIN STUDIO | LBT | 12:45 - 13:15 MAIN STUDIO | TOTAL BODY WORKOUT | | | | |
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| EVENING | 16:00 - 21:00 | 18:00 - 18:45 MAIN STUDIO | LES MILLS BODY ATTACK | 17:30 - 18:15 SPIN STUDIO | SPIN | 18:00 - 19:00 MAIN STUDIO | LES MILLS BODY PUMP | 17:30 - 18:15 SPIN STUDIO | SPIN | | | | | | |
| | | 19:00 - 19:45 SPIN STUDIO | SPIN | 18:10 - 19:10 MAIN STUDIO | LES MILLS BODY COMBAT | 19:00 - 19:45 SPIN STUDIO | SPIN | 18:30 - 19:15 MAIN STUDIO | LES MILLS BODY COMBAT | | | | | | |
| | | 19:00 - 20:00 MAIN STUDIO | LES MILLS BODY PUMP | 19:20 - 20:05 MAIN STUDIO | ZUMBA TONE | 19:15 - 20:15 MAIN STUDIO | LES MILLS BODY ATTACK | 19:45 - 20:45 MAIN STUDIO | LES MILLS BODY PUMP | | | | | | |
| | | 20:10 - 21:10 MAIN STUDIO | YOGA | | | 20:25 - 21:25 MAIN STUDIO | YOGA | | | | | | | | |

- 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.