

# CLASS TIMETABLE



		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY							
<b>MORNING</b>	6:30 - 12:00	6:30 - 7:00 MAIN STUDIO	HIIT TRAINING Gym Staff	6:30 - 7:00 MAIN STUDIO	CIRCUIT Gym Staff	6:30 - 7:00 MAIN STUDIO	SPIN Caroline	6:30 - 7:00 MAIN STUDIO	HIIT TRAINING Gym Staff	6:30 - 7:00 MAIN STUDIO	SPIN Meg	8:30 - 9:15 MAIN STUDIO	YOGA Meg	8:30 - 9:00 GYM FLOOR	HIIT TRAINING Gym Staff
		7:10 - 7:40 MAIN STUDIO	LBT Gym Staff	7:10 - 7:40 MAIN STUDIO	ABS BLAST Gym Staff	7:10 - 7:40 MAIN STUDIO	BOOTY BLAST Gym Staff	7:10 - 7:40 MAIN STUDIO	ABS BLAST Gym Staff	9:00 - 9:45 SPIN STUDIO	SPIN Caroline	9:00 - 9:45 SPIN STUDIO	SPIN Lee		
		9:30 - 10:30 MAIN STUDIO	PILATES Mel	9:30 - 10:15 SPIN STUDIO	SPIN Gym Staff	9:30 - 10:15 MAIN STUDIO	HIIT TRAINING Gym Staff	9:30 - 10:30 SPIN STUDIO	SPIN & ABS Gym Staff	10:00 - 11:00 MAIN STUDIO	BODY PUMP Caroline	10:00 - 10:30 MAIN STUDIO	LBT Gym Staff		
										11:30 - 12:30 MAIN STUDIO	ZUMBA Craig				
<b>DAYTIME</b>	12:00 - 17:00	12:00 - 12:30 MAIN STUDIO	HIIT TRAINING Gym Staff	12:00 - 12:30 MAIN STUDIO	BOOTY BLAST Gym Staff	12:00 - 12:30 MAIN STUDIO	LBT Gym Staff	12:00 - 12:30 MAIN STUDIO	HIIT TRAINING Gym Staff	12:00 - 12:30 MAIN STUDIO	LBT Gym Staff				
		12:45 - 13:15 MAIN STUDIO	BOOTY BLAST Gym Staff	12:45 - 13:15 MAIN STUDIO	ABS BLAST Gym Staff	12:45 - 13:15 MAIN STUDIO	STRETCH Gym Staff	12:45 - 13:15 MAIN STUDIO	ABS BLAST Gym Staff	12:45 - 13:15 MAIN STUDIO	STRETCH Gym Staff				
<b>EVENING</b>	17:00 - 21:15	18:00 - 18:45 MAIN STUDIO	BODY PUMP Marie	17:30 - 18:15 SPIN STUDIO	SPIN Caroline	17:15 - 18:00 MAIN STUDIO	ZUMBA Craig	18:00 - 18:45 SPIN STUDIO	SPIN Zoe	17:00 - 17:30 MAIN STUDIO	HIIT TRAINING Gym Staff				
		19:00 - 20:00 MAIN STUDIO	SOUL FUSION Paula	18:20 - 19:05 MAIN STUDIO	CARDIO COMBAT Lee	18:15 - 19:15 MAIN STUDIO	BODY PUMP Bex	18:00 - 18:45 MAIN STUDIO	CARDIO COMBAT Lee						
		19:00 - 19:45 SPIN STUDIO	SPIN Marie	19:20 - 20:05 MAIN STUDIO	ULTRA FIT Gym Staff	19:00 - 19:45 SPIN STUDIO	SPIN Marie	19:00 - 20:00 MAIN STUDIO	ZUMBA Craig						
		20:15 - 21:15 MAIN STUDIO	BEGINNERS YOGA Fran	20:15 - 21:00 MAIN STUDIO	PILATES Angie	19:30 - 20:00 MAIN STUDIO	HIIT TRAINING Gym Staff								
				20:15 - 20:45 MAIN STUDIO	STRETCH Gym Staff										

- 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.