

CLASS TIMETABLE

		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY							
MORNING	6:00 - 12:00	6:30 - 7:00 GYM FLOOR	BOOTCAMP	6:30 - 7:00 GYM FLOOR	RIG FIT	6:30 - 7:15 GYM FLOOR	BOOTCAMP	6:30 - 7:10 GYM FLOOR	BLAST 40	6:30 - 7:00 GYM FLOOR	CIRCUITS	9:00 - 9:45 SPIN STUDIO	SPIN	8:00 - 9:00 MAIN STUDIO	PILATES
		7:15 - 7:45 GYM FLOOR	ABS	7:15 - 7:45 GYM FLOOR	KILLA KETTLES	7:30 - 8:00 GYM FLOOR	SAS	7:30 - 8:00 GYM FLOOR	CORE LIFT WORKSHOP	7:15 - 7:45 GYM FLOOR	ABS	9:30 - 10:30 MAIN STUDIO	LES MILLS BODY COMBAT	9:15 - 10:15 MAIN STUDIO	LES MILLS BODY PUMP
		9:30 - 10:00 GYM FLOOR	CIRCUITS	9:30 - 10:30 MAIN STUDIO	YOGA	9:30 - 10:00 GYM FLOOR	RIG FIT	9:30 - 10:00 GYM FLOOR	HIIT CARDIO	9:30 - 10:00 MAIN STUDIO	BAR BLAST	11:00 - 11:55 MAIN STUDIO	ZUMBA	9:00 - 9:45 SPIN STUDIO	SPIN
														10:00 - 10:45 GYM FLOOR	BOOTCAMP
DAYTIME	12:00 - 17:00	12:00 - 12:20 GYM FLOOR	BLAST 20	12:00 - 12:30 GYM FLOOR	HIIT CARDIO	12:00 - 12:20 GYM FLOOR	BLAST 20	12:00 - 12:20 GYM FLOOR	BLAST 20	12:00 - 12:20 GYM FLOOR	BLAST 20				
		13:00 - 13:30 GYM FLOOR	RIG FIT	12:45 - 13:15 MAIN STUDIO	ABS	12:30 - 13:00 MAIN STUDIO	HIIT CARDIO	12:30 - 13:00 MAIN STUDIO	ABS	12:30 - 13:00 MAIN STUDIO	LBT				
EVENING	17:00 - 22:00	17:30 - 18:30 MAIN STUDIO	LES MILLS BODY COMBAT	18:00 - 19:00 MAIN STUDIO	LES MILLS BODY PUMP	17:30 - 18:10 GYM FLOOR	BLAST 40	17:30 - 18:15 SPIN STUDIO	SPIN	18:15 - 18:55 GYM FLOOR	BLAST 40				
		18:00 - 18:40 GYM FLOOR	BLAST 40	19:00 - 19:30 GYM FLOOR	S.A.S.	18:00 - 18:50 MAIN STUDIO	ZUMBA	18:15 - 19:15 MAIN STUDIO	LES MILLS BODY PUMP						
		19:00 - 20:00 MAIN STUDIO	PILATES	19:15 - 20:00 MAIN STUDIO	BODY BALANCE	19:00 - 20:00 MAIN STUDIO	LES MILLS BODY PUMP	19:00 - 19:40 GYM FLOOR	BLAST 40						
		20:00 - 20:45 SPIN STUDIO	SPIN	20:00 - 20:45 SPIN STUDIO	SPIN	20:15 - 21:15 MAIN STUDIO	YOGA	19:30 - 20:30 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.