

CLASS TIMETABLE



		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY							
MORNING	6:30 - 12:30	6:30 - 7:15 SPIN STUDIO	SPIN	6:30 - 7:00 GYM 2ND FLOOR	RIG FIT	6:30 - 7:00 MAIN STUDIO	HIIT 30	6:30 - 7:00 MAIN STUDIO	LBT	6:30 - 7:15 SPIN STUDIO	SPIN	8:00 - 8:45 SPIN STUDIO	SPIN	8:00 - 9:00 MAIN STUDIO	YOGA
		7:30 - 7:50 MAIN STUDIO	AB ATTACK	7:30 - 8:00 MAIN STUDIO	ABS BLAST	7:00 - 7:30 SPIN STUDIO	SPIN	7:00 - 7:30 GYM 2ND FLOOR	RIG FIT	7:30 - 8:00 MAIN STUDIO	STRETCH & TONE	8:00 - 8:55 MAIN STUDIO	PILATES	9:05 - 10:00 MAIN STUDIO	BOXING CIRCUITS
		9:30 - 10:20 MAIN STUDIO	BOXING CIRCUITS	9:30 - 10:30 MAIN STUDIO	YOGA	7:30 - 8:15 MAIN STUDIO	PINKBELT KICKBOXING	8:00 - 8:45 MAIN STUDIO	BOXING CIRCUITS	9:30 - 10:30 MAIN STUDIO	GROUP BOXING ACADEMY	9:15 - 10:00 MAIN STUDIO	JOMBA <small>(Please book online £1)</small>	9:30 - 10:15 SPIN STUDIO	SPIN
		10:30 - 11:00 MAIN STUDIO	TONE UP	9:30 - 10:00 GYM 2ND FLOOR	FUNCTIONAL FIT	9:30 - 10:30 MAIN STUDIO	ZUMBA	9:30 - 10:30 MAIN STUDIO	YOGA			10:15 - 10:45 MAIN STUDIO	HIIT	10:15 - 11:15 MAIN STUDIO	BODY SHRED
												10:50 - 11:20 MAIN STUDIO	BODY SHRED	11:15 - 11:45 GYM 2ND FLOOR	RIG FIT
										11:30 - 12:30 MAIN STUDIO	BODY BALANCE				

DAYTIME	12:00 - 17:00	12:10 - 12:30 MAIN STUDIO	ABS BLAST	12:00 - 12:20 MAIN STUDIO	HIIT 20	12:00 - 12:30 GYM 2ND FLOOR	RIG FIT	12:30 - 13:00 GYM 2ND FLOOR	RIG FIT	12:00 - 12:20 MAIN STUDIO	HIIT 20			12:00 - 12:20 MAIN STUDIO	AB ATTACK
		12:30 - 13:00 GYM 2ND FLOOR	RIG FIT	12:30 - 13:00 SPIN STUDIO	SPIN	12:45 - 13:15 MAIN STUDIO	BODY SHOX	13:15 - 13:45 MAIN STUDIO	LBT	12:30 - 13:00 GYM 2ND FLOOR	RIG FIT				
		13:10 - 13:40 MAIN STUDIO	SWEAT FIT	13:10 - 13:40 GYM 2ND FLOOR	RIG FIT	13:30 - 14:15 MAIN STUDIO	KICKBOXING CIRCUITS			13:00 - 13:30 SPIN STUDIO	SPIN				

EVENING	17:00 - 21:30	17:30 - 18:30 MAIN STUDIO	BOXERCISE	17:00 - 18:00 MAIN STUDIO	LBT	17:00 - 17:30 MAIN STUDIO	PINKBELT KICKBOXING	17:00 - 17:30 MAIN STUDIO	PINKBELT KICKBOXING	17:30 - 18:15 MAIN STUDIO	LBT				
		18:30 - 19:15 SPIN STUDIO	SPIN	18:00 - 18:30 MAIN STUDIO	METAFIT	17:30 - 18:15 MAIN STUDIO	FIT TEST	17:35 - 18:00 MAIN STUDIO	AB BURNER	18:15 - 19:00 MAIN STUDIO	PINKBELT KICKBOXING				
		18:30 - 19:25 MAIN STUDIO	ZUMBA	18:30 - 19:15 SPIN STUDIO	SPIN	18:30 - 19:30 MAIN STUDIO	YOGA	18:00 - 18:45 SPIN STUDIO	SPIN						
		19:25 - 20:25 MAIN STUDIO	P90X	18:30 - 19:25 MAIN STUDIO	YOGA	19:30 - 20:15 SPIN STUDIO	SPIN	18:00 - 18:45 MAIN STUDIO	ZUMBA						
		20:30 - 21:30 MAIN STUDIO	YOGA	19:30 - 20:30 MAIN STUDIO	ZUMBA	20:00 - 21:00 MAIN STUDIO	JOMBA <small>(Please book online £1)</small>	19:00 - 20:00 MAIN STUDIO	BODY BALANCE						

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



PLEASE BOOK YOUR CLASSES ONLINE VIA THE MEMBERS AREA OR VIA THE PUMP GYMS APP.
PLEASE ENSURE YOU TURN UP ON TIME OR YOU MAY BE REFUSED ENTRY. THIS TIMETABLE IS SUBJECT TO CHANGE.