

# ZOOM

## CLASS TIMETABLE

PumpGyms

		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<b>MORNING</b>	6:30 - 10:30	9:30 - 10:30 COMBAT Bonnie	9:30 - 10:30 YOGA Orshi	9:30 - 10:30 BOOTCAMP Emma Chapman	9:30 - 10:30 YOGA FUSION Orshi	9:30 - 10:30 COMBAT Bonnie	9:30 - 10:30 ATTACK Fran Mudd	9:30 - 10:30 YOGA FUSION Orshi
<b>DAYTIME</b>	12:15 - 12:45	HIIT Gemma Green	12:15 - 12:45 TOTAL BODY HIIT Gemma & Emmi	12:15 - 13:15 BODY WEIGHT PUMP Nicolas Forsans	12:15 - 12:45 AB BLAST Nicolas Forsans	12:15 - 13:15 BODY WEIGHT PUMP Nicolas Forsans		
	13:00 - 13:30	AB BLAST Gemma Green						
<b>EVENING</b>	17:00 - 20:00	18:00 - 19:00 COMBAT Chris Osbourne	18:30 - 19:30 ATTACK Jayden Halliday	18:30 - 19:30 ZUMBA Laura Watt	18:30 - 19:30 ATTACK Jayden Halliday	18:00 - 19:00 ZUMBA Laura Watt		

- **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.  
THIS TIMETABLE MAY BE SUBJECT TO CHANGE. 100+ VIRTUAL ON DEMAND CLASSES AVAILABLE 24/7 IN CLUB AND VIA THE PUMP GYMS APP.