

CLASS TIMETABLE

		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY							
MORNING	6:00 - 12:00	6:30 - 7:00 MAIN STUDIO	BOOTCAMP	6:30 - 7:00 MAIN STUDIO	RIG FIT	6:15 - 7:00 SPIN STUDIO	SPIN	6:30 - 7:00 MAIN STUDIO	ABS BLAST	6:30 - 7:00 MAIN STUDIO	RIG FIT	8:15 - 9:00 SPIN STUDIO	SPIN	8:00 - 8:50 MAIN STUDIO	PILATES
		7:10 - 7:40 MAIN STUDIO	HIIT	7:10 - 7:40 MAIN STUDIO	BOOT CAMP	6:30 - 7:00 MAIN STUDIO	HIIT	7:15 - 8:00 SPIN STUDIO	SPIN	7:10 - 7:40 MAIN STUDIO	STRETCH & TONE	9:30 - 10:30 MAIN STUDIO	BOOTCAMP	9:00 - 10:00 MAIN STUDIO	ZUMBA
		9:30 - 10:00 MAIN STUDIO	GET FIT CIRCUITS	9:30 - 10:00 MAIN STUDIO	FUNCTIONAL FITNESS	7:10 - 7:40 MAIN STUDIO	CIRCUITS	7:15 - 7:45 MAIN STUDIO	BOOTCAMP	9:30 - 10:00 MAIN STUDIO	GET FIT CIRCUITS	10:40 - 11:10 MAIN STUDIO	FLEX 'N' STRETCH	9:30 - 10:15 SPIN STUDIO	SPIN
						9:30 - 10:00 MAIN STUDIO	GET FIT CIRCUITS	9:30 - 10:00 MAIN STUDIO	FUNCTIONAL FITNESS			11:20 - 12:05 MAIN STUDIO	COMBAT BLAST	11:30 - 12:00 MAIN STUDIO	LBT
DAYTIME	12:00 - 17:00	12:15 - 12:45 SPIN STUDIO	SPIN	12:00 - 12:30 MAIN STUDIO	LBT	12:00 - 12:30 SPIN STUDIO	SPIN	12:00 - 12:30 MAIN STUDIO	BODY BLASTER	12:30 - 13:00 MAIN STUDIO	LBT	13:30 - 14:15 MAIN STUDIO	BOOTCAMP		
		12:45 - 13:15 MAIN STUDIO	FULL BODY BLAST	12:30 - 12:50 GYM FLOOR	GET FIT CIRCUITS	12:30 - 13:00 MAIN STUDIO	FULL BODY BLAST	12:30 - 13:00 SPIN STUDIO	SPIN	13:10 - 13:40 MAIN STUDIO	FULL BODY BLAST	14:30 - 15:15 MAIN STUDIO	BOOTY BLASTER		
		13:25 - 13:55 MAIN STUDIO	RIG FIT			13:00 - 13:20 GYM FLOOR	RIG FIT			13:50 - 14:20 MAIN STUDIO	RIG FIT				
EVENING	17:00 - 22:00	18:35 - 19:05 MAIN STUDIO	BOOTCAMP	17:30 - 18:00 MAIN STUDIO	SWEAT SHOP	18:00 - 18:45 MAIN STUDIO	CARDIO CIRCUITS	17:30 - 18:30 MAIN STUDIO	BOOTCAMP	17:30 - 18:00 MAIN STUDIO	SWEAT SHOP				
		19:00 - 19:45 SPIN STUDIO	SPIN	18:00 - 18:40 GYM FLOOR	GYM CHALLENGE	19:15 - 20:00 SPIN STUDIO	SPIN	18:40 - 19:35 MAIN STUDIO	COMBAT BLAST	18:10 - 18:40 MAIN STUDIO	BARBELL BLAST				
		19:15 - 20:15 MAIN STUDIO	YOGA	19:30 - 20:00 SPIN STUDIO	SPIN	19:00 - 19:45 MAIN STUDIO	LBT	19:45 - 20:45 MAIN STUDIO	YOGA	18:50 - 19:20 MAIN STUDIO	AB ATTACK				
		20:25 - 21:25 MAIN STUDIO	ZUMBA	20:00 - 20:30 MAIN STUDIO	CORE SHOCK	20:00 - 20:45 MAIN STUDIO	HIIT								

- 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.