

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	6:30 - 7:00 SPIN STUDIO	SPIN	6:30 - 7:00 MAIN STUDIO	ABS BLAST	6:30 - 7:00 SPIN STUDIO	SPIN	8:15 - 9:00 SPIN STUDIO	SPIN	8:00 - 8:50 MAIN STUDIO	PILATES	
		7:00 - 7:30 MAIN STUDIO	HIIT	7:00 - 7:30 MAIN STUDIO	BOOT CAMP	7:00 - 7:30 MAIN STUDIO	CIRCUITS	7:00 - 7:30 SPIN STUDIO	SPIN	7:00 - 7:30 MAIN STUDIO	STRETCH & TONE	9:30 - 10:30 MAIN STUDIO	BOOTCAMP	9:30 - 10:15 SPIN STUDIO	SPIN	
		9:30 - 9:50 MAIN STUDIO	RIG FIT	9:30 - 10:00 MAIN STUDIO	YOGA	9:30 - 9:50 MAIN STUDIO	RIG FIT	9:30 - 10:30 MAIN STUDIO	YOGA	9:30 - 9:50 MAIN STUDIO	RIG FIT	10:30 - 11:00 MAIN STUDIO	FLEX 'N' STRETCH	9:30 - 10:30 MAIN STUDIO	ZUMBA	
				9:30 - 10:00 GYM FLOOR	GET FIT CIRCUITS			9:30 - 10:00 GYM FLOOR	GET FIT CIRCUITS				11:00 - 11:30 MAIN STUDIO	COMBAT BLAST	11:30 - 12:00 MAIN STUDIO	LBT
													11:45 - 12:45 MAIN STUDIO	ZUMBA		

DAYTIME	12:00 - 17:00	12:15 - 12:45 SPIN STUDIO	SPIN	12:00 - 12:30 MAIN STUDIO	BODY BLASTER	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 MAIN STUDIO	RIG FIT	12:30 - 13:00 MAIN STUDIO	FULL BODY BLAST	12:30 - 13:00 SPIN STUDIO	SPIN	13:00 - 13:30 MAIN STUDIO	FULL BODY BLAST	14:30 - 15:15 MAIN STUDIO	BOOTY BLASTER		
		13:15 - 13:45 MAIN STUDIO	RIG FIT			13:00 - 13:20 MAIN STUDIO	RIG FIT			13:40 - 14:00 MAIN STUDIO	RIG FIT				

EVENING	17:00 - 22:00	17:45 - 18:40 MAIN STUDIO	PINKBELT KICKBOXING	17:30 - 18:00 MAIN STUDIO	SWEAT SHOP	18:00 - 19:00 MAIN STUDIO	PINKBELT KICKBOXING	17:40 - 18:25 MAIN STUDIO	BOOTCAMP	17:30 - 18:00 MAIN STUDIO	SWEAT SHOP				
		18:45 - 19:15 MAIN STUDIO	BOOTCAMP	18:00 - 18:55 MAIN STUDIO	KICKBOXING	19:15 - 20:00 SPIN STUDIO	SPIN	18:30 - 19:25 MAIN STUDIO	COMBAT BLAST	18:00 - 18:30 MAIN STUDIO	BARBELL BLAST				
		19:00 - 19:45 SPIN STUDIO	SPIN	19:00 - 20:00 MAIN STUDIO	ZUMBA	19:00 - 19:45 MAIN STUDIO	LBT	19:30 - 20:30 MAIN STUDIO	YOGA	18:30 - 18:50 MAIN STUDIO	AB ATTACK				
		19:15 - 20:15 MAIN STUDIO	YOGA	19:30 - 20:00 SPIN STUDIO	SPIN	19:45 - 20:30 MAIN STUDIO	INSANITY								
		20:15 - 21:15 MAIN STUDIO	ZUMBA	20:00 - 20:30 MAIN STUDIO	CORE SHOCK										

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



CLASSES NEED TO BE BOOKED VIA THE ONLINE BOOKING SYSTEM. PLEASE ENSURE YOU TURN UP ON TIME OR YOU MAY BE REFUSED ENTRY. THIS TIMETABLE MAY BE SUBJECT TO CHANGE. VIRTUAL ON DEMAND CLASSES AVAILABLE 24/7.