

CLASS TIMETABLE



		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY							
MORNING	6:00 - 12:00	6:30 - 7:00 GYM FLOOR	RIG FIT (GYM STAFF)	6:30 - 7:00 SPIN STUDIO	SPIN (GYM STAFF)	6:30 - 7:00 MAIN STUDIO	CIRCUITS (GYM STAFF)	6:30 - 7:00 GYM FLOOR	RIG FIT (GYM STAFF)	6:30 - 7:00 SPIN STUDIO	SPIN (GYM STAFF)	9:00 - 10:00 MAIN STUDIO	VIBE STEP (STEPHEN)		
		7:15 - 7:45 MAIN STUDIO	ABS BLAST (GYM STAFF)	7:15 - 7:45 MAIN STUDIO	HIIT (GYM STAFF)	7:15 - 7:45 MAIN STUDIO	LBT (GYM STAFF)	7:15 - 8:00 MAIN STUDIO	CIRCUITS (GYM STAFF)	8:30 - 9:15 MAIN STUDIO	TOTAL BODY WORKOUT (RICH)	10:15 - 11:00 SPIN STUDIO	VIBE CYCLE (STEPHEN)	10:30 - 11:00 MAIN STUDIO	TOTAL BODY WORKOUT (GYM STAFF)
		9:30 - 10:15 MAIN STUDIO	TOTAL BODY WORKOUT (GYM STAFF)	9:30 - 10:30 MAIN STUDIO	ZUMBA (AMBER)	9:30 - 10:15 MAIN STUDIO	BARBELL BLAST (GYM STAFF)	9:30 - 10:00 MAIN STUDIO	HIIT (GYM STAFF)					11:10 - 12:10 MAIN STUDIO	ZUMBA (MATT)
DAYTIME	12:00 - 17:00	12:00 - 12:30 MAIN STUDIO	HIIT (GYM STAFF)	12:00 - 12:30 MAIN STUDIO	KETTLEBELLS (GYM STAFF)	12:00 - 12:30 MAIN STUDIO	HIIT (GYM STAFF)	12:00 - 12:30 SPIN STUDIO	SPIN (GYM STAFF)	12:00 - 12:30 MAIN STUDIO	HIIT (GYM STAFF)				
		12:45 - 13:15 SPIN STUDIO	SPIN (GYM STAFF)	12:45 - 13:15 MAIN STUDIO	TOTAL BODY HIIT (GYM STAFF)	12:45 - 13:15 SPIN STUDIO	SPIN (GYM STAFF)	12:45 - 13:15 MAIN STUDIO	CIRCUITS (GYM STAFF)	12:45 - 13:15 MAIN STUDIO	LBT (GYM STAFF)				
EVENING	17:00 - 22:00	17:30 - 18:00 MAIN STUDIO	CIRCUITS (GYM STAFF)	18:00 - 18:30 SPIN STUDIO	SPIN (GYM STAFF)	17:30 - 18:00 MAIN STUDIO	CIRCUITS (GYM STAFF)	17:30 - 18:15 MAIN STUDIO	BOOTCAMP (GYM STAFF)						
		18:15 - 19:00 SPIN STUDIO	SPIN (RICH)	18:30 - 19:30 MAIN STUDIO	PILATES (KIRI)	18:15 - 19:00 MAIN STUDIO	TOTAL BODY WORKOUT (RICH)	18:30 - 19:30 MAIN STUDIO	ZUMBA (MATT)						
		19:15 - 20:15 MAIN STUDIO	BOXERCISE (NAZ)	19:30 - 20:30 MAIN STUDIO	ZUMBA (MATT)	19:15 - 20:15 MAIN STUDIO	BOXERCISE (NAZ)	19:30 - 20:30 MAIN STUDIO	YOGA (AVRIL)						

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



CLASSES CAN BE BOOKED 7 DAYS IN ADVANCE VIA MEMBER APP. OUTSIDE OF THESE TIMES VIRTUAL CLASSES ARE AVAILABLE IN BOTH STUDIOS. PLEASE ENSURE YOU TURN UP ON TIME OR YOU MAY BE REFUSED ENTRY. THIS TIMETABLE MAY BE SUBJECT TO CHANGE.