

CLASS TIMETABLE

		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY						
MORNING	6:30 - 12:00	6:30 - 7:00 MAIN STUDIO	HIIT Gym Staff	6:30 - 7:00 MAIN STUDIO	CIRCUIT Gym Staff	6:30 - 7:00 MAIN STUDIO	LBT Gym Staff	6:30 - 7:00 MAIN STUDIO	HIIT Gym Staff					
		7:10 - 7:40 MAIN STUDIO	LBT Gym Staff	7:10 - 7:40 MAIN STUDIO	ABS BLAST Gym Staff	7:10 - 7:40 MAIN STUDIO	HIIT Gym Staff	7:10 - 7:40 MAIN STUDIO	ABS BLAST Gym Staff		9:00 - 9:45 SPIN STUDIO	SPIN Sarah	9:00 - 9:45 SPIN STUDIO	SPIN Lee
		9:30 - 10:00 MAIN STUDIO	BOOTCAMP Gym Staff	9:30 - 10:00 SPIN STUDIO	SPIN Gym Staff	9:30 - 10:00 MAIN STUDIO	HIIT Gym Staff	9:30 - 10:00 MAIN STUDIO	BOOTCAMP Gym Staff		10:00 - 10:45 MAIN STUDIO	BODY CONDITIONING Sarah	10:00 - 10:45 MAIN STUDIO	BARBELL BLAST Lee
										11:45 - 12:30 MAIN STUDIO	ZUMBA Craig			
DAYTIME	12:00 - 17:00	12:00 - 12:30 MAIN STUDIO	CIRCUIT Gym Staff	12:00 - 12:30 MAIN STUDIO	HIIT Gym Staff	12:00 - 12:30 MAIN STUDIO	CIRCUIT Gym Staff	12:00 - 12:30 MAIN STUDIO	HIIT Gym Staff	12:00 - 12:30 MAIN STUDIO	LBT Gym Staff			
		12:45 - 13:15 MAIN STUDIO	ABS BLAST Gym Staff	12:45 - 13:15 MAIN STUDIO	STRETCH Gym Staff	12:45 - 13:15 MAIN STUDIO	LBT Gym Staff	12:45 - 13:15 MAIN STUDIO	BOOTY BUILDER Gym Staff	12:45 - 13:15 MAIN STUDIO	STRETCH Gym Staff			
EVENING	17:00 - 21:15	17:15 - 18:00 MAIN STUDIO	ZUMBA Craig	17:30 - 18:15 SPIN STUDIO	SPIN Dave	17:15 - 18:00 MAIN STUDIO	ZUMBA Craig	18:00 - 18:45 SPIN STUDIO	SPIN Zoe	17:00 - 17:30 MAIN STUDIO	HIIT Gym Staff			
		18:15 - 19:00 MAIN STUDIO	CARDIO BLAST Sarah	18:20 - 19:05 MAIN STUDIO	CARDIO COMBAT Lee	17:30 - 18:15 SPIN STUDIO	SPIN Gym Staff	18:00 - 18:45 MAIN STUDIO	CARDIO COMBAT Lee					
		19:00 - 19:45 MAIN STUDIO	STRENGTH BLAST Sarah	19:15 - 20:00 MAIN STUDIO	BARBELL BLAST Lee	18:30 - 19:15 MAIN STUDIO	TOTAL BODY CONDITIONING Zoe	19:00 - 20:00 MAIN STUDIO	BARBELL BLAST Lee					
		19:15 - 20:00 SPIN STUDIO	SPIN Spencer			19:30 - 20:30 MAIN STUDIO	PILATES Henna							
		20:00 - 21:00 MAIN STUDIO	YOGA Fran											

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

ALL CLASSES CAN BE BOOKED THROUGH YOUR MEMBER PORTAL, AND CAN BE BOOKED UP TO 6 DAYS IN ADVANCE.
 FAILURE TO ATTEND CLASSES YOU HAVE BOOKED MAY RESULT IN BOOKING PRIVILEGES BEING REVOKED.
 OUTSIDE OF THESE TIMES VIRTUAL CLASSES ARE AVAILABLE IN BOTH STUDIOS. THIS TIMETABLE MAY BE SUBJECT TO CHANGE.