

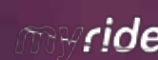
CLASS TIMETABLE

		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY								
MORNING	6:00 - 12:00	6:30 - 7:00 MAIN STUDIO	HIIT	6:30 - 7:00 SPIN STUDIO	SPIN	6:30 - 7:00 MAIN STUDIO	RIG FIT	6:30 - 7:00 SPIN STUDIO	SPIN	6:30 - 7:00 MAIN STUDIO	TOTAL BODY WORKOUT	8:00 - 8:45 SPIN STUDIO	SPIN	8:00 - 9:00 MAIN STUDIO	LES MILLS BODY COMBAT	
		7:00 - 7:30 SPIN STUDIO	SPIN	7:00 - 7:30 MAIN STUDIO	HIIT	7:00 - 7:30 SPIN STUDIO	SPIN	7:00 - 7:30 SPIN STUDIO	HIIT	7:00 - 7:30 SPIN STUDIO	SPIN	9:00 - 10:00 MAIN STUDIO	LES MILLS BODY PUMP	9:15 - 10:00 MAIN STUDIO	BOOT CAMP	
		9:30 - 10:30 MAIN STUDIO	FITNESS PILATES	9:30 - 10:30 GYM FLOOR	RIG FIT	9:35 - 10:35 MAIN STUDIO	HIIT	9:30 - 10:30 MAIN STUDIO	YOGA	9:30 - 10:15 GYM FLOOR	RIG FIT	10:00 - 11:00 MAIN STUDIO	ZUMBA TONE	9:00 - 9:45 SPIN STUDIO	SPIN	
													11:00 - 11:45 SPIN STUDIO	SPIN	10:15 - 11:15 MAIN STUDIO	FITNESS PILATES
													11:00 - 12:00 MAIN STUDIO	YOGA	11:30 - 12:00 MAIN STUDIO	TOTAL BODY WORKOUT

DAYTIME	12:00 - 16:00	12:00 - 12:30 SPIN STUDIO	SPIN	12:00 - 12:30 MAIN STUDIO	HIIT	12:00 - 12:30 SPIN STUDIO	SPIN	12:00 - 12:30 MAIN STUDIO	BOX HIIT	12:00 - 12:30 SPIN STUDIO	SPIN	12:05 - 13:05 GYM FLOOR	RIG FIT		
		12:30 - 13:00 MAIN STUDIO	BOX HIIT	12:45 - 13:15 SPIN STUDIO	SPIN	12:30 - 13:00 MAIN STUDIO	HIIT	12:30 - 13:00 MAIN STUDIO	HIIT	12:45 - 13:15 MAIN STUDIO	BOX HIIT				
		13:00 - 13:30 MAIN STUDIO	HIIT			13:00 - 13:30 MAIN STUDIO	ABS BLAST	13:00 - 13:30 MAIN STUDIO	LBT						

EVENING	16:00 - 21:00	17:30 - 18:00 GYM FLOOR	RIG FIT	17:30 - 18:15 SPIN STUDIO	SPIN	17:15 - 18:00 MAIN STUDIO	BOXERCISE	17:30 - 18:15 MAIN STUDIO	ZUMBA TONE	16:30 - 17:00 MAIN STUDIO	RIG FIT				
		18:00 - 19:00 MAIN STUDIO	LES MILLS BODY ATTACK	17:15 - 18:00 MAIN STUDIO	LES MILLS BODY ATTACK	18:00 - 19:00 MAIN STUDIO	LES MILLS BODY PUMP	17:30 - 18:15 SPIN STUDIO	SPIN	17:00 - 17:30 MAIN STUDIO	HIIT				
		19:00 - 19:45 SPIN STUDIO	SPIN	18:00 - 19:00 MAIN STUDIO	LES MILLS BODY COMBAT	19:30 - 20:15 SPIN STUDIO	SPIN & ABS	18:15 - 19:15 MAIN STUDIO	LES MILLS BODY COMBAT	17:30 - 18:15 MAIN STUDIO	LBT				
		19:00 - 20:00 MAIN STUDIO	LES MILLS BODY PUMP	19:15 - 20:00 MAIN STUDIO	ZUMBA	19:15 - 20:15 MAIN STUDIO	LES MILLS BODY ATTACK	19:15 - 20:00 MAIN STUDIO	PIYO	17:15 - 18:00 SPIN STUDIO	SPIN				
		20:05 - 21:05 MAIN STUDIO	YOGA	20:00 - 20:30 MAIN STUDIO	TOTAL BODY WORKOUT	20:15 - 21:00 MAIN STUDIO	YOGA	20:00 - 20:45 MAIN STUDIO	LES MILLS BODY PUMP	18:15 - 19:15 MAIN STUDIO	STRETCH & RELAXATION				

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



CLASSES NEED TO BE BOOKED VIA THE ONLINE BOOKING SYSTEM. THIS CAN BE DONE 6 DAYS IN ADVANCE. 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.