

CLASS TIMETABLE



		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
MORNING	8:00 - 12:00	6:30 - 7:00 MAIN STUDIO HIIT TRAINING Finlay	6:30 - 7:00 MAIN STUDIO CIRCUIT Gym Staff	6:30 - 7:00 GYM FLOOR ULTRA FIT Finlay	6:30 - 7:00 MAIN STUDIO HIIT TRAINING Finlay	9:30 - 10:15 MAIN STUDIO HIIT TRAINING Gym Staff	8:30 - 9:15 MAIN STUDIO ZUMBA Emily	8:00 - 8:45 GYM FLOOR RIG FIT Gym Staff
		7:10 - 7:40 MAIN STUDIO LBT Finlay		7:10 - 7:40 MAIN STUDIO ABS BLAST Gym Staff	7:10 - 7:40 MAIN STUDIO CIRCUIT Finlay		9:00 - 9:45 SPIN STUDIO SPIN Caroline	9:00 - 9:45 SPIN STUDIO SPIN Lee
		9:30 - 10:30 MAIN STUDIO PILATES Mel			9:30 - 10:30 SPIN STUDIO SPIN & ABS Dave		10:00 - 10:45 MAIN STUDIO BODY PUMP Caroline	9:30 - 10:30 MAIN STUDIO PILATES Angie
							11:00 - 12:00 MAIN STUDIO YOGA Lydia	10:45 - 11:15 MAIN STUDIO LBT Gym Staff
DAYTIME	12:00 - 17:00	12:00 - 12:30 GYM FLOOR HIIT TRAINING Gym Staff	12:00 - 12:30 GYM FLOOR RIG FIT Gym Staff	12:00 - 12:30 GYM FLOOR LBT Gym Staff	12:00 - 12:30 GYM FLOOR HIIT TRAINING Gym Staff	12:00 - 12:30 MAIN STUDIO LBT Gym Staff		
		12:45 - 13:15 GYM FLOOR STRETCH Gym Staff	12:45 - 13:15 GYM FLOOR ABS BLAST Gym Staff	12:45 - 13:15 GYM FLOOR STRETCH Gym Staff	12:45 - 13:15 GYM FLOOR ABS BLAST Gym Staff			
EVENING	17:00 - 21:00	18:00 - 18:45 MAIN STUDIO ULTRA FIT Gym Staff	17:30 - 18:15 SPIN STUDIO SPIN Laura	18:15 - 18:45 MAIN STUDIO HIIT Gym Staff	18:00 - 18:45 SPIN STUDIO SPIN Laura			
		19:00 - 20:00 MAIN STUDIO ZUMBA Magdalena	18:00 - 18:45 MAIN STUDIO CARDIO COMBAT Lee	19:00 - 20:00 MAIN STUDIO BODY PUMP Bex	18:00 - 18:45 MAIN STUDIO CARDIO COMBAT Lee			
		19:00 - 19:45 SPIN STUDIO SPIN Marie	19:00 - 19:45 MAIN STUDIO BODY PUMP Marie	19:00 - 19:45 SPIN STUDIO SPIN Marie	19:00 - 20:00 MAIN STUDIO ZUMBA Nina			
		20:15 - 21:15 MAIN STUDIO PIYO Brooke	20:05 - 21:05 MAIN STUDIO PILATES Kate	20:10 - 20:40 MAIN STUDIO STRETCH Gym Staff				

- 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.