

CLASS TIMETABLE



		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY								
MORNING	07:00 - 12:00	07:15 - 08:15 MAIN STUDIO	BOXFIT	07:00 - 07:45 SPIN STUDIO	SPIN	07:00 - 08:00 MAIN STUDIO	BOXFIT	07:00 - 07:45 SPIN STUDIO	SPIN	09:30 - 10:00 MAIN STUDIO	STRETCH & TONE	08:00 - 8:45 SPIN STUDIO	SPIN	08:00 - 09:00 MAIN STUDIO	YOGA	
		9:30 - 10:00 SPIN STUDIO	SPIN	09:30 - 10:00 MAIN STUDIO	BOOTCAMP	09:30 - 10:00 SPIN STUDIO	SPIN	09:30 - 10:00 GYM FLOOR	RIG FIT				9:15 - 10:15 MAIN STUDIO	STRENGTH & CONDITIONING	09:15 - 10:00 SPIN STUDIO	SPIN
													10:30 - 11:30 MAIN STUDIO	PILATES	10:15 - 11:15 MAIN STUDIO	COMBAT HIIT
DAYTIME	12:00 - 17:00	12:30 - 13:00 MAIN STUDIO	BLAST 30	12:30 - 13:00 SPIN STUDIO	SPIN	12:30 - 13:00 MAIN STUDIO	ABS BLAST	12:30 - 13:00 GYM FLOOR	RIG FIT	12:30 - 13:00 MAIN STUDIO	BOOTCAMP					
		13:15 - 13:45 MAIN STUDIO	STRETCH & TONE	13:15 - 13:45 GYM FLOOR	RIG FIT	13:15 - 13:45 MAIN STUDIO	BLAST 30	13:15 - 13:45 MAIN STUDIO	STRETCH & TONE	13:15 - 13:45 SPIN STUDIO	SPIN					
EVENING	17:00 - 22:00	18:00 - 18:45 SPIN STUDIO	SPIN	17:30 - 18:30 MAIN STUDIO	COMBAT HIIT	18:00 - 18:30 MAIN STUDIO	STRENGTH & CONDITIONING	17:30 - 18:15 SPIN STUDIO	SPIN							
		20:00 - 21:00 MAIN STUDIO	ZUMBA	18:45 - 19:30 SPIN STUDIO	SPIN	18:45 - 19:45 MAIN STUDIO	ZUMBA	18:30 - 19:30 MAIN STUDIO	COMBAT HIIT							
				20:00 - 21:00 SPIN STUDIO	YOGA	20:00 - 21:00 MAIN STUDIO	PILATES									

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



CLASSES OPERATE ON A BOOKING SYSTEM VIA THE PUMP GYMS APP. PLEASE ENSURE YOU TURN UP ON TIME OR YOU MAY BE REFUSED ENTRY. THIS TIMETABLE MAY BE SUBJECT TO CHANGE.