

# CLASS TIMETABLE

		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY							
MORNING	6:30 - 12:30	6:30 - 7:15 SPIN STUDIO	SPIN	6:30 - 7:00 GYM 2ND FLOOR	RIG FIT	6:30 - 7:00 MAIN STUDIO	HIIT 30	6:30 - 7:00 MAIN STUDIO	LBT	6:30 - 7:15 SPIN STUDIO	SPIN	8:00 - 8:45 SPIN STUDIO	SPIN	8:00 - 9:00 MAIN STUDIO	YOGA
		7:30 - 7:50 MAIN STUDIO	AB ATTACK	7:30 - 8:00 MAIN STUDIO	ABS BLAST	7:15 - 7:45 SPIN STUDIO	SPIN	7:15 - 7:45 GYM 2ND FLOOR	RIG FIT	7:30 - 8:00 MAIN STUDIO	STRETCH & TONE	8:00 - 8:55 MAIN STUDIO	PILATES	9:15 - 10:00 MAIN STUDIO	HIIT
		9:30 - 10:00 GYM 2ND FLOOR	FUNCTIONAL FIT	9:30 - 10:30 MAIN STUDIO	YOGA	8:00 - 8:30 MAIN STUDIO	LBT	9:30 - 10:30 MAIN STUDIO	YOGA	9:30 - 10:15 MAIN STUDIO	LBT	9:15 - 10:00 MAIN STUDIO	JOMBA	10:15 - 11:15 MAIN STUDIO	BODY SHRED
				9:30 - 10:00 GYM 2ND FLOOR	FUNCTIONAL FIT	9:30 - 10:30 MAIN STUDIO	ZUMBA					10:10 - 10:40 MAIN STUDIO	HIIT	11:30 - 12:00 GYM 2ND FLOOR	RIG FIT
												10:50 - 11:20 MAIN STUDIO	BODY SHRED		
												11:30 - 12:30 MAIN STUDIO	BODY BALANCE		
DAYTIME	12:00 - 17:00	12:00 - 12:20 MAIN STUDIO	ABS BLAST	12:00 - 12:20 MAIN STUDIO	HIIT 20	12:00 - 12:30 GYM 2ND FLOOR	RIG FIT	12:30 - 13:00 GYM 2ND FLOOR	RIG FIT	12:00 - 12:20 MAIN STUDIO	HIIT 20				
		12:30 - 13:00 GYM 2ND FLOOR	RIG FIT	12:30 - 13:00 SPIN STUDIO	SPIN	12:45 - 13:15 MAIN STUDIO	BODY SHOX	13:15 - 13:45 MAIN STUDIO	LBT	12:30 - 13:00 GYM 2ND FLOOR	RIG FIT				
		13:10 - 13:40 MAIN STUDIO	SWEAT FIT	13:10 - 13:40 GYM 2ND FLOOR	RIG FIT					13:00 - 13:30 SPIN STUDIO	SPIN				
EVENING	17:00 - 21:30	18:30 - 19:15 SPIN STUDIO	SPIN	17:45 - 18:15 MAIN STUDIO	METAFIT	18:30 - 19:30 MAIN STUDIO	YOGA	18:00 - 18:45 SPIN STUDIO	SPIN						
		18:15 - 19:10 MAIN STUDIO	ZUMBA	18:30 - 19:15 SPIN STUDIO	SPIN	19:30 - 20:15 SPIN STUDIO	SPIN	18:00 - 18:45 MAIN STUDIO	ZUMBA						
		20:30 - 21:30 MAIN STUDIO	YOGA	18:30 - 19:25 MAIN STUDIO	PILATES	20:00 - 21:00 MAIN STUDIO	JOMBA	19:00 - 20:00 MAIN STUDIO	BODY BALANCE						
				19:35 - 20:35 MAIN STUDIO	ZUMBA										

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



PLEASE BOOK YOUR CLASSES ONLINE VIA THE MEMBERS AREA OR VIA THE PUMP GYMS APP.  
PLEASE ENSURE YOU TURN UP ON TIME OR YOU MAY BE REFUSED ENTRY. THIS TIMETABLE IS SUBJECT TO CHANGE.