

# CLASS TIMETABLE

		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY							
MORNING	6:00 - 12:00	6:30 - 7:00 MAIN STUDIO	BOOTCAMP	6:30 - 7:00 GYM FLOOR	RIG FIT	6:30 - 7:00 SPIN STUDIO	SPIN	6:30 - 7:00 MAIN STUDIO	BLAST 30	6:30 - 7:00 MAIN STUDIO	CIRCUITS	9:00 - 9:45 SPIN STUDIO	SPIN	8:00 - 9:00 MAIN STUDIO	PILATES
		7:15 - 7:45 SPIN STUDIO	SPIN	7:15 - 7:45 MAIN STUDIO	KILLA KETTLES	7:15 - 7:45 MAIN STUDIO	ABS BLAST	7:15 - 7:45 MAIN STUDIO	BAR BLAST	7:15 - 7:45 MAIN STUDIO	BLAST 30	10:00 - 11:00 MAIN STUDIO	ZUMBA	9:00 - 9:45 SPIN STUDIO	SPIN
		9:30 - 10:00 MAIN STUDIO	KILLA KETTLES	9:30 - 10:00 MAIN STUDIO	BLAST 30	9:30 - 10:00 GYM FLOOR	RIG FIT	9:30 - 10:00 MAIN STUDIO	HIIT	9:30 - 10:00 MAIN STUDIO	BAR BLAST	11:00 - 12:00 MAIN STUDIO	YOGA	10:00 - 10:45 MAIN STUDIO	BOOTCAMP
DAYTIME	12:00 - 17:00	12:30 - 13:00 MAIN STUDIO	BLAST 30	12:30 - 13:00 MAIN STUDIO	HIIT CARDIO	12:30 - 13:00 MAIN STUDIO	KILLA KETTLES	12:30 - 13:00 MAIN STUDIO	BOOTCAMP	12:30 - 13:00 LIFT ROOM	CROSSBOX				
		13:15 - 13:45 GYM FLOOR	RIG FIT	13:15 - 13:45 MAIN STUDIO	ABS BLAST	13:15 - 13:45 LIFT ROOM	CROSSBOX	13:15 - 13:45 MAIN STUDIO	LBT	13:15 - 13:45 MAIN STUDIO	HIIT				
EVENING	17:00 - 22:00	17:45 - 18:45 MAIN STUDIO	LES MILLS BODY ATTACK	18:00 - 19:00 MAIN STUDIO	LES MILLS BODY PUMP	17:15 - 17:45 MAIN STUDIO	BOOTCAMP	17:30 - 18:15 SPIN STUDIO	SPIN						
		19:00 - 20:00 MAIN STUDIO	PILATES	19:15 - 20:15 MAIN STUDIO	LES MILLS BODY COMBAT	18:00 - 18:50 MAIN STUDIO	ZUMBA	18:15 - 19:15 MAIN STUDIO	LES MILLS BODY PUMP						
		20:00 - 20:45 SPIN STUDIO	SPIN	20:00 - 20:45 SPIN STUDIO	SPIN	19:00 - 20:00 MAIN STUDIO	LES MILLS BODY PUMP	19:30 - 20:30 MAIN STUDIO	LES MILLS BODY ATTACK						
						20:15 - 21:15 MAIN STUDIO	YOGA								

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



CLASSES NEED TO BE BOOKED VIA THE PUMP GYMS APP. THIS CAN BE DONE 7 DAYS IN ADVANCE. PLEASE ENSURE YOU TURN UP ON TIME OR YOU MAY BE REFUSED ENTRY. THIS TIMETABLE MAY BE SUBJECT TO CHANGE. 100+ VIRTUAL ON DEMAND CLASSES AVAILABLE 24/7 IN CLUB AND VIA THE PUMP GYMS APP.