

CLASS TIMETABLE



		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY									
MORNING	6:00 - 12:00	6:30 - 7:00 MAIN STUDIO	CORE BLAST	6:30 - 7:00 MAIN STUDIO	ABS BLAST	6:30 - 7:00 SPIN STUDIO	SPIN	9:30 - 10:30 GYM FLOOR	RIG FIT	9:35 - 10:35 MAIN STUDIO	TOTAL BODY WORKOUT	8:30 - 9:15 SPIN STUDIO	SPIN	8:45 - 9:30 SPIN STUDIO	SPIN		
		7:00 - 7:30 SPIN STUDIO	SPIN	7:00 - 7:30 SPIN STUDIO	SPIN	7:00 - 7:30 MAIN STUDIO	CORE BLAST	10:30 - 11:30 MAIN STUDIO	YOGA	10:35 - 11:05 MAIN STUDIO	STRETCH	9:00 - 10:00 MAIN STUDIO	PINK BELT KICKBOXING	9:30 - 10:00 MAIN STUDIO	LES MILLS GRIT		
		9:30 - 10:30 GYM FLOOR	RIG FIT	9:30 - 10:30 MAIN STUDIO	ZUMBA	9:35 - 10:35 MAIN STUDIO	TOTAL BODY WORKOUT						10:00 - 11:00 GYM FLOOR	RIG FIT	10:00 - 11:00 MAIN STUDIO	LES MILLS BODY PUMP	
				10:30 - 11:00 MAIN STUDIO	STRETCH									11:00 - 11:30 SPIN STUDIO	SPIN	11:10 - 12:10 MAIN STUDIO	ZUMBA
														11:00 - 12:00 MAIN STUDIO	KETTLE BELLS		
DAYTIME	12:00 - 17:00	12:00 - 12:30 SPIN STUDIO	SPIN	12:00 - 12:30 SPIN STUDIO	SPIN	12:30 - 13:00 SPIN STUDIO	SPIN	12:00 - 12:30 MAIN STUDIO	PINK BELT KICKBOXING - TECHNIQUE	12:00 - 12:30 SPIN STUDIO	SPIN	12:05 - 13:05 MAIN STUDIO	YOGA	12:20 - 13:20 MAIN STUDIO	PINK BELT KICKBOXING		
		12:30 - 13:00 MAIN STUDIO	TONE	13:15 - 13:45 MAIN STUDIO	METAFIT	13:00 - 13:30 MAIN STUDIO	METAFIT	12:30 - 13:00 MAIN STUDIO	METAFIT	12:45 - 13:15 MAIN STUDIO	PINK BELT KICKBOXING						
								13:00 - 13:30 MAIN STUDIO	LBT								
EVENING	17:00 - 22:00	17:30 - 18:00 MAIN STUDIO	LES MILLS GRIT	17:30 - 18:00 SPIN STUDIO	SPIN	17:30 - 18:00 MAIN STUDIO	CIRCUITS	17:30 - 18:30 MAIN STUDIO	PINK BELT KICKBOXING	18:00 - 19:00 MAIN STUDIO	RIG FIT						
		18:00 - 18:45 MAIN STUDIO	LBT	18:00 - 19:00 MAIN STUDIO	CIRCUITS	18:00 - 19:00 MAIN STUDIO	PINK BELT KICKBOXING	17:30 - 18:15 SPIN STUDIO	SPIN								
		18:45 - 19:00 MAIN STUDIO	STRETCH	19:00 - 19:30 MAIN STUDIO	KETTLE BELLS	19:00 - 20:00 MAIN STUDIO	ZUMBA	18:30 - 19:00 MAIN STUDIO	LES MILLS GRIT								
		19:00 - 20:00 MAIN STUDIO	LES MILLS BODY PUMP	19:30 - 20:30 MAIN STUDIO	ZUMBA	19:00 - 19:45 SPIN STUDIO	SPIN	19:00 - 19:30 MAIN STUDIO	KETTLE BELLS								
		19:00 - 19:45 SPIN STUDIO	SPIN			20:00 - 21:00 MAIN STUDIO	LES MILLS BODY BALANCE	19:30 - 20:30 MAIN STUDIO	LES MILLS BODY PUMP								
		20:05 - 21:05 MAIN STUDIO	LES MILLS BODY BALANCE														

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



CLASSES CAN BE BOOKED 7 DAYS IN ADVANCE VIA THE MEMBERS AREA ONLINE. PLEASE ENSURE YOU TURN UP ON TIME OR YOU MAY BE REFUSED ENTRY. THIS TIMETABLE MAY BE SUBJECT TO CHANGE.