

	Monday		Tuesday		Wednesday		Thursday		Friday		Saturday		Sunday	
Morning	Time/Location	Class	Time/Location	Class	Time/Location	Class	Time/Location	Class	Time/Location	Class	Time/Location	Class	Time/Location	Class
07:00-12:00	07:15-07:45 Spin studio	Spin	07:15-07:45 Gym Floor	Killa Kettles	07:15-07:45 Main Studio	Abs Blast	07:15-07:45 Main Studio	Bar Blast	07:15-07:45 Main Studio	Blast 30	09:00-09:45 Spin Studio	Spin	08:00-09:00 Main Studio	Pilates
	09:30-10:00 Gym Floor	Abs Blast	09:30-10:00 Main Studio	Blast 30	09:30-10:00 Gym Floor	HIIT	09:30-10:00 Spin Studio	Spin	09:30-10:00 Main Studio	Bar Blast	10:00-11:00 Main Studio	Zumba	09:00-09:45 Spin Studio	Spin
											11:00-12:00 Main Studio	Yoga	10:00-10:45 Main Studio	Bootcamp
DAYTIME	12:30-13:00 Main Studio	Blast 30	12:30-13:00 Gym Floor	HIIT Cardio	12:30-13:00 Spin Studio	Killa Kettles	12:30-13:00 Main Studio	Bootcamp	12:30-13:00 Main Studio	HIIT Cardio				
12:00-17:00	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 Gym Floor	Rig fit				

EVENING	17:45-18:45 Main Studio	Les Mills Body Attack	18:00-19:00 Main Studio	Les Mills Body Pump	18:00-18:50 Main Studio	Zumba	17:30-19:15 Spin Studio	Spin
17:00-22:00	19:00-20:00 Main Studio	Pilates	19:15-20:00 Main Studio	Zumba	19:00-20:00 Main Studio	Les Mills Body Pump	18:15-19:15 Main Studio	Les Mills Body Pump
	20:00-20:45 Spin Studio	Spin	20:00-20:45 Spin Studio	Spin	20:15-21:15 Main Studio	Yoga	19:30-20:30 Main Studio	Les Mills Body Attack

	Cardio
	Interval
	Strength
	Mind / Body
	Combat
	Dance

CLASSES MUST BE BOOKED 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.