

CLASS TIMETABLE

| | | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday | | | | | | | | |
|---------|---------------|------------------------------|--------------------|------------------------------|-----------------|------------------------------|--------------------|------------------------------|----------|------------------------------|--------------------|------------------------------|----------------------------|------------------------------|------------------------------|-------|
| MORNING | 6:00 – 12:00 | 06:30 – 07:00 Gym Floor | RIG FIT | 06:30 – 07:00 Spin Studio | SPIN | 06:30 – 07:00 Main Studio | CIRCUITS | 06:30 – 07:00 Gym Floor | RIG FIT | 06:30 – 07:00 Spin Studio | SPIN | 09:00 – 10:00 Main studio | VIBE STEP | 10:30 - 11.00 Main Studio | TOTAL BODY WORKOUT | |
| | | 07:15 – 07:45 Main Studio | ABS BLAST | 07:15 – 07:45 Main Studio | HIIT | 07:15 – 07:45 Main Studio | LBT | 07:15 – 07:45 Main studio | CIRCUITS | | | | 10:15-11:00 Spin Studio | VIBE SPIN | 11:10 – 12:10 Main studio | ZUMBA |
| | | 9:30 – 10:15 Main Studio | TOTAL BODY WORKOUT | 9:30 – 10:30 Main Studio | ZUMBA | 9:30 – 10:15 Main Studio | BARBELL BLAST | 9:30 – 10:00 Main Studio | HIIT | 8:30 – 09:15 Main Studio | TOTAL BODY WORKOUT | | | | | |
| DAYTIME | 12:00 – 17:00 | 12:00 – 12:30 Main Studio | HIIT | 12:00 – 12:30 Main Studio | KETTLEBELL | 12:00 – 12:30 Main Studio | HIIT | 12:00 – 12:30 Spin Studio | SPIN | 12:00 – 12:30 Main Studio | HITT | | | | | |
| | | 12:45 – 13:15 Spin Studio | SPIN | 12:45 – 13:15 Main Studio | TOATL BODY HIIT | 12:45 – 13:15 Spin Studio | SPIN | 12:45 – 13:15 Main Studio | CIRCUITS | 12:45 – 13:15 Main Studio | LBT | | | | | |
| | | | | | | | | | | | | | | | | |
| EVENING | 17:00 – 22:00 | 17:30 - 18:00 Main Studio | CIRCUITS | 18:00 - 18:30 Spin Studio | SPIN | 17:30-18:00 Main Studio | CIRCUITS | 17:30 - 18:15 Main Studio | BOOTCAMP | | | | | | | |
| | | 18:15 - 19:00 Spin Studio | SPIN | 18:30 - 19:30 Main Studio | PILATES | 18:15 - 19:00 Main Studio | TOTAL BODY WORKOUT | 18:30 - 19:30 Main Studio | ZUMBA | | | | | | | |
| | | 19:15 - 20:15 Main Studio | BOXERCISE | 19:30 - 20:30 Main Studio | ZUMBA | 19:30 - 20:30 Main Studio | YOGA | | | | | | | | | |
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- CARDIO
- STRENGTH
- COMBAT
- INTERVAL
- MIND AND 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