

CLASS TIMETABLE







		Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday							
MORNING	7:00 – 12:00	07:15 – 07:45 Spin studio	SPIN	07:15 – 07:45 Main Studio	HIIT	07:15 – 07:45 Spin Studio	SPIN	07:15 – 07:45 Main Studio	HIIT	07:15 – 07:45 Spin Studio	SPIN	08:00 – 08:45 Spin studio	SPIN	09:15 - 10:00 Main Studio	BOXING FIT
		09:30 – 10:00 Gym Floor	RIG FIT	09:30 – 10:00 Main Studio	YOGA	09:30 – 10:00 Gym Floor	RIG FIT	09:30 – 10:00 Main studio	YOGA	09:30 – 10:00 Main Studio	LBT	08:00-09:00 Main Studio	PILATES	10:15 – 10:45 Main studio	BODY SHRED
													9:15-10:00 Main Studio	JOMBA	
												11:30 - 12:30 Main Studio	RESTORE & RECHARGE		
DAYTIME	12:00 – 17:00	12:30 – 13:00 Gym Floor	RIG FIT	12:30 – 13:00 Spin Studio	SPIN	12:30 – 13:00 Gym Floor	RIG FIT	12:30 – 13:00 Main Studio	LBT	12:30 – 13:00 Spin Studio	SPIN				
		13:15 – 13:45 Spin Studio	SPIN	13:15 – 13:45 Gym Floor	RIG FIT	13:15 – 13:45 Spin Studio	SPIN	13:15 – 13:45 Gym Floor	RIG FIT	13:15 – 13:45 Gym Floor	RIG FIT				
EVENING	17:00 – 22:00	18:15 - 19:15 Main Studio	ZUMBA	18:30 - 19:15 Spin Studio	SPIN	17:30-18:15 Main Studio	BOXING FIT	19:00 - 19:45 Spin Studio	SPIN						
		18:30 - 19:30 Spin Studio	SPIN & STRETCH	18:30 - 19:30 Main Studio	PILATES	18:30 - 19:30 Main Studio	YOGA	19:00 - 20:00 Main Studio	RESTORE & RECHARGE						
				19:30 - 20:30 Main Studio	ZUMBA	20:00-21:00 Main Studio	JOMBA								

● INTERVAL
 ● MIND AND BODY
 ● DANCE

CLASS TIMETABLE

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

-  **CARDIO**
-  **STRENGTH**
-  **COMBAT**
-  **INTERVAL**
-  **MIND AND BODY**
-  **DANCE**