

CLASS TIMETABLE

		Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday								
MORNING	6:00 – 12:00	09:30 – 10:00 Spin studio	SPIN	07:00 – 07:45 Spin Studio	SPIN	09:30 – 10:00 Spin studio	SPIN	07:00 – 07:45 Spin Studio	SPIN	09:30 – 10:00 Main Studio	STRETCH & TONE	08:00 – 08:45 Spin studio	SPIN	08:00 - 09:00 Main Studio	YOGA	
				09:30 – 10:00 Main Studio	BOOTCAMP				09:30 – 10:00 Gym Floor	RIG FIT			09:15-10:15 Main Studio	STRENGTH & CONDITIONING	09:15 – 10:00 Spin studio	SPIN
													10:30 - 11:30 Main Studio	PILATES	10:00-10:45 Main Studio	COMBAT HIIT
DAYTIME	12:00 – 17:00	12:30 – 13:00 Gym Floor	BLAST 30	12:30 – 13:00 Spin Studio	SPIN	12:30 – 13:00 Gym Floor	BLAST 30	12:30 – 13:00 Spin Studio	SPIN	12:30 – 13:00 Main Studio	BOOTCAMP			12:30 – 13:00 Main Studio	BOX HIIT	
		13:15 – 13:45 Main Studio	STRETCH & TONE	13:15 – 13:45 Gym Floor	RIG FIT	13:15 – 13:45 Main Studio	ABS BLAST	13:15 – 13:45 Main Studio	STRETCH & TONE	13:15 – 13:45 Main Studio	ABS BLAST					
EVENING	17:00 – 22:00	18:00 – 18:45 Spin Studio	SPIN	17:30 – 18:30 Main Studio	COMBAT HIIT	18:45 – 19:45 Main Studio	ZUMBA	17:30 – 18:15 Spin Studio	SPIN							
		18:45 – 19:45 Main Studio	STRENGTH & CONDITIONING	18:45 – 19:30 Spin Studio	SPIN	20:00 – 21:00 Main Studio	PILATES	18:45 – 19:45 Main Studio	COMBAT HIIT							
		20:00 – 21:00 Main Studio	ZUMBA	20:00 – 21:00 Main Studio	YOGA											

- 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