

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday							
MORNING 7:15 - 12:00	Time/Location	Class	Time/Location	Class	Time/Location	Class	Time/Location	Class	Time/Location	Class	Time/Location	Class	Time/Location	Class
	7:15 - 7:45 Spin Studio	Spin Gym Team	7:15 - 7:45 Main Studio	HIIT Gym Team	7:15 - 7:45 Spin Studio	Spin Gym Team	7:15 - 7:45 Main Studio	HIIT Gym Team	7:15 - 7:45 Spin Studio	Spin Gym Team	08:00 - 08:45 Spin Studio	Spin	9:15 - 10:00 Main studio	Boxing Fit
	09:30 - 10:00 Gym 2nd Floor	Rig Fit Gym Team	09:30 - 10:30 Main Studio	Yoga	09:30 - 10:00 Gym 2nd Floor	Rig Fit Gym Team	09:30 - 10:30 Main Studio	Yoga	09:30 - 10:00 Main Studio	LBT Gym Team	08:00 - 9:00 Main Studio	Pilates	10:15 - 10:45 Main Studio	Body Shred
											9:15 - 10:00 Main Studio	Jomba		
										11:30 - 12:30 Main Studio	Body Balance			
DAYTIME 12:00 - 17:00	12:30 - 13:00 Gym 2nd Floor	Rig Fit Gym Team	12:30 - 13:00 Spin Studio	Spin Gym Team	12:30 - 13:00 Gym 2nd Floor	Rig Fit Gym Team	12:30 - 13:00 Main Studio	LBT Gym Team	12:30 - 13:00 Spin Studio	Spin Gym Team				
	13:15 - 13:45 Main Studio	Spin	13:15 - 13:45 Gym 2nd Floor	Rig Fit Gym Team	13:15 - 13:45 Main Studio	Spin	13:15 - 13:45 Gym 2nd Floor	Rig Fit - Gym Team	13:15 - 13:45 Gym 2nd Floor	Rig Fit Gym Team				
EVENING 17:00 - 21:00	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 - 19:15 Spin Studio	Spin	18:30 - 19:30 Main Studio	Pilates	18:30 - 19:30 Main Studio	Yoga	19:00 - 20:00 Main Studio	Body Balance						
	19:30 - 20:30 Main Studio	PRIVATE BOOKING KANGOO FIT BOOK VIA bouncybootslondon.co.uk	19:30 - 20:30 Main Studio	Zumba	20:00 - 21:00 Main Studio	Jomba								

Cardio
Interval
Strength
Mind / Body
Combat
Dance

CLASSES MUST BE BOOKED ON THE PUMP GYMS APP.  
PLEASE ENSURE YOU TURN UP ON TIME OR YOU MAY BE REFUSED ENTRY.  
THIS TIMETABLE MAY BE SUBJECT TO CHANGE.