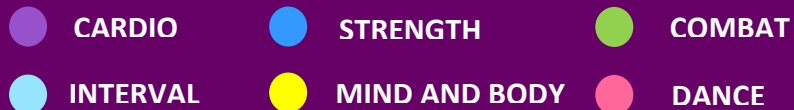


CLASS TIMETABLE

		Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday							
MORNING	6:00 – 12:00	06:30 – 07:00 Main studio	CIRCUIT	06:30– 07:00 Main Studio	BOOTCAMP	06:30– 07:00 Main Studio	HIIT	06:30– 07:00 Main Studio	CIRCUIT						
		07:15– 07:45 Main Studio	LBT	07:15– 07:45 Main Studio	ABS BLAST	07:15– 07:45 Main Studio	BOOTCAMP	07:15– 07:45 Main Studio	STRETCH			09:00 – 9:45 Spin studio	SPIN	09:00 – 9:45 Spin studio	SPIN
		09:30 – 10:00 Main Studio	BOOTCAMP	09:30 – 10:00 Spin Studio	SPIN	09:30 – 10:00 Main Studio	CARDIO HIIT	09:30 – 10:00 Main studio	BOOTCAMP					10:00-10:45 Main Studio	BARBELL BLAST
DAYTIME	12:00 – 17:00	12:30 – 13:00 Main Studio	CIRCUIT	12:30 – 13:00 Main Studio	HIIT	12:30 – 13:00 Main Studio	CIRCUIT	12:30 – 13:00 Main Studio	HIIT	12:30 – 13:00 Main Studio	LBT	11:00-11:45 Main Studio	ZUMBA		
		13:15 – 13:45 Main Studio	ABS BLAST	13:15 – 13:45 Main Studio	STRETCH	13:15 – 13:45 Spin Studio	SPIN	13:15 – 13:45 Main Studio	LBT	13:15 – 13:45 Main Studio	HIIT				
EVENING	17:00 – 22:00	17:15-18:00 Main Studio	ZUMBA	17:30-18:15 Spin Studio	SPIN	17:15-18:00 Main Studio	ZUMBA	17:30-18:15 Spin Studio	SPIN						
		18:15 - 19:00 Main Studio	TOTAL BODY WORKOUT	18:20 - 19:05 Main Studio	CARDIO COMBAT	18:00 – 18:45 Spin Studio	SPIN	18:00 -18:45 Main Studio	CARDIO COMBAT						
		19:10- 20:10 Main Studio	YOGA	19:15 - 20:00 Main Studio	BARBELL BLAST	18:15 - 19:00 Main Studio	TOTAL BODY WORKOUT	19:00-19:45 Spin Studio	BARBELL BLAST						
		19:10- 19:55 Spin Studio	SPIN			19:10- 20:10 Main Studio	YOGA	20:00-21:00 Main Studio	PILATES						



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