

CLASS TIMETABLE



		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY							
MORNING	6:00 - 12:00	6:45 - 7:35 SPIN STUDIO	LES MILLS VIRTUAL RPM	6:45 - 7:40 MAIN STUDIO	LES MILLS VIRTUL BODY PUMP	6:30 - 7:30 MAIN STUDIO	LES MILLS VIRTUAL BODY COMBAT	6:45 - 7:30 MAIN STUDIO	LES MILLS VIRTUL BODY PUMP	6:45 - 7:35 SPIN STUDIO	LES MILLS VIRTUAL RPM	9:00 - 9:45 SPIN STUDIO	SPIN	9:00 - 9:45 SPIN STUDIO	SPIN
		9:30 - 9:50 MAIN STUDIO	ABS	9:30 - 10:15 MAIN STUDIO	HIIT	9:30 - 10:10 MAIN STUDIO	BLAST 40	9:30 - 10:10 MAIN STUDIO	BLAST 40	9:30 - 9:50 MAIN STUDIO	ABS	10:00 - 10:55 MAIN STUDIO	LES MILLS BODY PUMP	10:00 - 10:30 MAIN STUDIO	HIIT
		10:00 - 10:30 GYM FLOOR	RIG FIT	10:30 - 11:20 SPIN STUDIO	LES MILLS VIRTUAL RPM	10:15 - 10:45 GYM FLOOR	RIG FIT	10:30 - 11:20 SPIN STUDIO	LES MILLS VIRTUAL RPM	10:00 - 10:45 SPIN STUDIO	LES MILLS VIRTUAL RPM	11:00 - 11:55 MAIN STUDIO	LES MILLS BODY COMBAT	10:30 - 11:00 MAIN STUDIO	ABS BLAST
DAYTIME	12:00 - 17:00	12:00 - 12:20 MAIN STUDIO	BLAST 20	12:00 - 12:30 MAIN STUDIO	BOOTCAMP	12:00 - 12:20 MAIN STUDIO	BLAST 20	12:00 - 12:20 MAIN STUDIO	BLAST 20	12:00 - 12:20 MAIN STUDIO	BLAST 20	12:30 - 13:00 GYM FLOOR	RIG FIT	11:30 - 12:20 SPIN STUDIO	LES MILLS VIRTUAL RPM
		12:30 - 13:00 MAIN STUDIO	CIRCUITS	12:30 - 12:50 MAIN STUDIO	ABS	12:30 - 13:00 MAIN STUDIO	HIIT CARDIO	12:30 - 12:50 MAIN STUDIO	ABS	12:30 - 13:00 MAIN STUDIO	LBT	13:15 - 13:45 MAIN STUDIO	LBT		
		13:00 - 13:30 GYM FLOOR	RIG FIT	13:00 - 13:30 SPIN STUDIO	LES MILLS VIRTUAL RPM	13:00 - 13:30 GYM FLOOR	RIG FIT			13:00 - 13:30 GYM FLOOR	RIG FIT				
EVENING	17:00 - 22:00	17:00 - 17:30 MAIN STUDIO	HIIT CARDIO	16:50 - 17:10 MAIN STUDIO	ABS	16:00 - 16:30 MAIN STUDIO	HIIT	16:30 - 16:50 MAIN STUDIO	ABS	18:15 - 18:55 MAIN STUDIO	BLAST 40				
		17:30 - 18:00 GYM FLOOR	RIG FIT	17:15 - 17:55 MAIN STUDIO	BLAST 40	16:30 - 17:00 GYM FLOOR	RIG FIT	17:30 - 18:15 SPIN STUDIO	SPIN	19:00 - 19:55 MAIN STUDIO	LES MILLS VIRTUAL BODY BALANCE				
		18:00 - 18:20 MAIN STUDIO	ABS	18:00 - 18:30 MAIN STUDIO	LES MILLS GRIT	17:30 - 18:00 MAIN STUDIO	HIIT	18:00 - 18:30 MAIN STUDIO	LES MILLS GRIT						
		18:30 - 19:25 MAIN STUDIO	LES MILLS BODY PUMP	18:30 - 19:25 MAIN STUDIO	LES MILLS BODY COMBAT	18:00 - 18:55 MAIN STUDIO	ZUMBA	18:30 - 19:25 MAIN STUDIO	LES MILLS BODY COMBAT						
		19:30 - 20:30 MAIN STUDIO	PILATES	20:00 - 20:45 SPIN STUDIO	SPIN	19:00 - 19:55 MAIN STUDIO	LES MILLS BODY PUMP	19:30 - 20:30 MAIN STUDIO	ZUMBA						
		20:30 - 21:20 SPIN STUDIO	LES MILLS VIRTUAL RPM			20:00 - 21:00 MAIN STUDIO	YOGA	20:30 - 21:00 GYM FLOOR	RIG FIT						

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

LES MILLS
BODYCOMBAT

LES MILLS
BODYPUMP

LES MILLS
RPM VIRTUAL

LES MILLS
GRIT

LES MILLS
BODYBALANCE VIRTUAL

LES MILLS
SH'BAM VIRTUAL

LES MILLS
CXWORX VIRTUAL

ALL CLASSES CAN BE BOOKED THROUGH YOUR MEMBER PORTAL, AND CAN BE BOOKED UP TO 6 DAYS IN ADVANCE.
FAILURE TO ATTEND CLASSES YOU HAVE BOOKED MY RESULT IN BOOKING PRIVILEGES BEING REVOKED.
OUTSIDE OF THESE TIMES VIRTUAL CLASSES ARE AVAILABLE IN BOTH STUDIOS. TIMETABLE MAY BE SUBJECT TO CHANGE.