

CLASS TIMETABLE



		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY								
MORNING	6:00 - 12:00	6:10 - 6:40 MAIN STUDIO	CORE BLAST	6:10 - 6:40 MAIN STUDIO	STEP FITNESS	6:10 - 6:40 MAIN STUDIO	CORE BLAST	9:30 - 10:30 GYM FLOOR	RIG FIT	9:35 - 10:35 MAIN STUDIO	TOTAL BODY WORKOUT	9:00 - 10:00 MAIN STUDIO	PINK BELT KICKBOXING	9:30 - 10:00 MAIN STUDIO	LES MILLS GRIT	
		7:00 - 7:45 SPIN STUDIO	SPIN	6:40 - 7:10 SPIN STUDIO	COREMAGEDDON VIRTUAL CLASS	7:00 - 7:45 SPIN STUDIO	SPIN	11:30 - 12:00 MAIN STUDIO	PIYO LIVE 55 EXPRESS VIRTUAL CLASS				10:00 - 11:00 GYM FLOOR	RIG FIT	10:00 - 11:00 MAIN STUDIO	LES MILLS BODY PUMP
		7:35 - 8:05 MAIN STUDIO	30 MINUTE ABS + CORE BLASTER VIRTUAL CLASS	7:00 - 7:45 SPIN STUDIO	SPIN	7:10 - 7:40 MAIN STUDIO	KILLER ABS 2 VIRTUAL CLASS						11:00 - 11:30 SPIN STUDIO	SPIN	11:10 - 12:10 MAIN STUDIO	TOTAL BODY WORKOUT
		8:15 - 8:45 MAIN STUDIO	PINK BELT KICKBOXING - TECHNIQUE	9:30 - 10:30 MAIN STUDIO	ZUMBA	8:00 - 8:30 MAIN STUDIO	PINK BELT KICKBOXING - TECHNIQUE						11:00 - 12:00 MAIN STUDIO	PINK BELT KICKBOXING	12:20 - 13:20 MAIN STUDIO	PINK BELT KICKBOXING
		9:30 - 10:30 GYM FLOOR	RIG FIT	10:30 - 11:00 MAIN STUDIO	PIYO LIVE 56 EXPRESS VIRTUAL CLASS	9:35 - 10:35 MAIN STUDIO	TOTAL BODY WORKOUT						12:05 - 13:05 MAIN STUDIO	YOGA		
		10:00 - 10:30 MAIN STUDIO	FIGHT CAMP VIRTUAL CLASS			10:35 - 11:30 MAIN STUDIO	RIP 30 VIRTUAL CLASS									
		11:30 - 12:00 MAIN STUDIO	RIP 30 EXPRESS VIRTUAL CLASS													
DAYTIME	12:00 - 17:00	12:00 - 12:30 SPIN STUDIO	SPIN	12:00 - 12:30 SPIN STUDIO	SPIN	12:30 - 13:00 SPIN STUDIO	SPIN	12:00 - 12:30 MAIN STUDIO	PINK BELT KICKBOXING - TECHNIQUE	12:00 - 12:30 SPIN STUDIO	SPIN	13:00 - 13:30 MAIN STUDIO	LADIES ONLY WEIGHTS			
		12:30 - 13:00 MAIN STUDIO	PINK BELT KICKBOXING - TECHNIQUE	13:15 - 13:45 MAIN STUDIO	METAFIT	13:00 - 13:30 MAIN STUDIO	METAFIT	12:30 - 13:00 MAIN STUDIO	METAFIT	12:45 - 13:15 MAIN STUDIO	PINK BELT KICKBOXING					
										14:40 - 15:10 MAIN STUDIO	CORE DE FORCE - MMA SPEED VIRTUAL CLASS					
EVENING	17:00 - 22:00	17:30 - 18:00 MAIN STUDIO	LES MILLS GRIT	17:00 - 17:45 SPIN STUDIO	SPIN	17:00 - 18:00 MAIN STUDIO	PINK BELT KICKBOXING	17:30 - 18:30 MAIN STUDIO	PINK BELT KICKBOXING	18:00 - 19:00 MAIN STUDIO	LBT					
		18:00 - 18:30 MAIN STUDIO	METAFIT	18:00 - 19:00 MAIN STUDIO	CIRCUITS	18:00 - 18:50 MAIN STUDIO	TOTAL BODY WORKOUT	18:00 - 18:45 SPIN STUDIO	SPIN	19:00 - 20:00 MAIN STUDIO	BOOTCAMP					
		18:30 - 19:00 MAIN STUDIO	LBT	19:00 - 19:30 MAIN STUDIO	CROSS HIIT	19:00 - 20:00 MAIN STUDIO	ZUMBA	18:30 - 19:00 MAIN STUDIO	LES MILLS GRIT							
		19:00 - 20:00 MAIN STUDIO	LES MILLS BODY PUMP	19:30 - 20:30 MAIN STUDIO	ZUMBA	20:00 - 21:00 MAIN STUDIO	LES MILLS BODY BALANCE	19:00 - 19:30 MAIN STUDIO	PINK BELT KICKBOXING - TECHNIQUE							
		20:15 - 21:45 MAIN STUDIO	LES MILLS BODY BALANCE	19:30 - 20:30 GYM FLOOR	CALISTHENICS				19:30 - 20:30 MAIN STUDIO	LES MILLS BODY PUMP						
									20:40 - 21:30 MAIN STUDIO	CORE DE FORCE - 6 VIRTUAL CLASS						

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



CLASSES OPERATE ON A FIRST COME FIRST SERVED BASIS. PLEASE ENSURE YOU TURN UP ON TIME OR YOU MAY BE REFUSED ENTRY. THIS TIMETABLE MAY BE SUBJECT TO CHANGE. VIRTUAL ON DEMAND CLASSES AVAILABLE 24/7.