

CLASS TIMETABLE



		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY							
MORNING	6:30 - 12:30	6:30 - 7:15 SPIN STUDIO	SPIN	6:30 - 7:30 GYM FLOOR	RIG FIT	7:00 - 7:30 MAIN STUDIO	HIIT	6:30 - 7:00 MAIN STUDIO	LBT	6:30 - 7:30 SPIN STUDIO	SPIN	8:00 - 8:45 SPIN STUDIO	SPIN	8:00 - 9:00 MAIN STUDIO	YOGA
		7:30 - 7:50 MAIN STUDIO	ABS BLAST	7:30 - 8:00 MAIN STUDIO	ABS BLAST	7:15 - 8:00 SPIN STUDIO	SPIN	7:00 - 8:00 GYM FLOOR	RIG FIT	7:35 - 8:05 MAIN STUDIO	STRETCH & TONE	8:00 - 8:55 MAIN STUDIO	PILATES	9:05 - 10:00 MAIN STUDIO	BOXING CIRCUITS
		9:30 - 10:30 MAIN STUDIO	BOXING CIRCUITS	9:30 - 10:30 MAIN STUDIO	YOGA	8:30 - 9:30 MAIN STUDIO	CIRCUITS	8:30 - 9:30 MAIN STUDIO	BOXING CIRCUITS	9:30 - 10:30 SPIN STUDIO	HIIT COMBAT	9:15 - 10:00 MAIN STUDIO	JOMBA (Please book online)	9:30 - 10:15 SPIN STUDIO	SPIN
						9:30 - 10:30 MAIN STUDIO	ZUMBA	9:30 - 10:30 MAIN STUDIO	YOGA			10:15 - 10:45 MAIN STUDIO	HIIT	10:15 - 11:15 MAIN STUDIO	BODY SHRED
								10:30 - 11:15 SPIN STUDIO	SPIN			10:50 - 11:20 MAIN STUDIO	BODY SHRED		
												11:30 - 12:30 MAIN STUDIO	BODY BALANCE		

DAYTIME	12:00 - 17:00	12:10 - 12:30 MAIN STUDIO	ABS BLAST	12:00 - 12:20 MAIN STUDIO	HIIT 20	12:00 - 12:45 GYM FLOOR	RIG FIT	12:30 - 13:00 GYM FLOOR	RIG FIT	12:00 - 12:20 MAIN STUDIO	HIIT 20	12:30 - 13:00 GYM FLOOR	RIG FIT	12:00 - 12:20 MAIN STUDIO	ABS BLAST
		12:30 - 13:00 GYM FLOOR	RIG FIT	12:30 - 13:00 SPIN STUDIO	SPIN	13:00 - 13:30 MAIN STUDIO	HIGH INTENSITY	13:10 - 13:45 MAIN STUDIO	LBT	12:30 - 13:00 GYM FLOOR	RIG FIT			12:30 - 13:00 MAIN STUDIO	RIG FIT
		13:10 - 13:40 MAIN STUDIO	SWEAT FIT	13:10 - 13:40 GYM FLOOR	RIG FIT	13:45 - 14:15 MAIN STUDIO	BOXING CIRCUITS			13:10 - 13:40 SPIN STUDIO	SPIN				

EVENING	17:00 - 21:30	17:30 - 18:30 MAIN STUDIO	CIRCUITS	17:00 - 18:00 MAIN STUDIO	LBT	17:00 - 17:30 MAIN STUDIO	ABS CIRCUIT	17:00 - 17:30 MAIN STUDIO	POWER BLAST	17:30 - 18:30 MAIN STUDIO	LBT				
		18:30 - 19:15 SPIN STUDIO	SPIN	18:10 - 18:40 MAIN STUDIO	METAFIT	17:45 - 18:15 MAIN STUDIO	HIIT	17:35 - 18:00 MAIN STUDIO	ABS BLAST	18:30 - 19:30 MAIN STUDIO	CIRCUITS				
		19:30 - 20:15 MAIN STUDIO	LBT	18:30 - 19:15 SPIN STUDIO	SPIN	18:30 - 19:30 MAIN STUDIO	YOGA	18:00 - 18:45 SPIN STUDIO	SPIN						
		20:30 - 21:30 MAIN STUDIO	YOGA	19:30 - 20:30 MAIN STUDIO	ZUMBA	19:30 - 20:15 SPIN STUDIO	SPIN	18:00 - 18:45 MAIN STUDIO	ZUMBA						
						20:00 - 21:00 MAIN STUDIO	JOMBA (Please book online)	19:00 - 20:00 MAIN STUDIO	BODY BALANCE						

- 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.