



CLASS TIMETABLE

MONDAY

| CLASS | TIME |
|--------------------|---------------|
| HIIT-EMOM / Tabata | 06:30 - 07:15 |
| BTT | 10:35 – 11:20 |
| HIIT Boxing | 11:25 – 11:55 |
| Dance Fusion | 12:00 – 12:45 |
| Adult Swim Lesson | 12:45 – 13:30 |
| Adult Swim Lesson | 13:30 – 14:15 |
| RPR Cycle | 18:00 – 18:45 |
| HIIT Blast | 18:55-19:40 |
| Body Balance | 19:50-20:35 |

THURSDAY

| CLASS | TIME |
|----------------|---------------|
| Body Pump | 06:20 – 07:05 |
| BTT | 10:00 – 10:45 |
| Aqua | 11:00 – 11:45 |
| Beginners Spin | 12:00 – 12:45 |
| Pilates | 13:00 – 13:45 |
| Pilates | 17:00 – 17:45 |
| Spin | 18:00 – 18:45 |
| Core | 18:50 – 19:45 |
| Body Attack | 19:40 – 20:25 |

TUESDAY

| CLASS | TIME |
|-------------------------|---------------|
| HIIT | 06:20 – 07:10 |
| Musical Theatre Fitness | 08:00 – 08:45 |
| Aqua | 09:00 – 09:45 |
| Body Pump | 09:30 – 10:15 |
| Aqua | 10:00 – 10:45 |
| Core Conditioning | 10:20 – 11:05 |
| Pilates | 12:00 – 12:45 |
| Paracise | 13:00 – 13:45 |
| Spin | 17:40 – 18:25 |
| Body Pump | 18:30 – 19:15 |
| Core | 19:20-20:05 |

FRIDAY

| CLASS | TIME |
|---------------------------------------|---------------|
| HYROX Style | 06:20 – 07:05 |
| BTT | 09:45 – 10:30 |
| Aqua | 09:45 – 10:30 |
| Pilates | 11:00 – 11:45 |
| Musical Theatre Fitness | 13:15 - 14:00 |
| Musical Theatre Fitness – Tone it Out | 14:05 – 14:50 |

WEDNESDAY

| CLASS | TIME |
|--------------|---------------|
| HIIT | 06:20 - 07:05 |
| Body Attack | 09:45 – 10:30 |
| Body Pump | 10:35 – 11:20 |
| Express Yoga | 17:15 – 18:00 |
| Pilates | 18:15 – 19:00 |
| Body Combat | 19:10 – 19:55 |
| Body Balance | 20:05 – 20:50 |

SATURDAY

| CLASS | TIME |
|----------------|---------------|
| HIIT Body Step | 07:00 – 07:45 |
| Yoga | 08:00 – 08:45 |
| Pilates | 08:55 – 09:40 |
| Pilates | 09:50 – 10:35 |

SUNDAY

| CLASS | TIME |
|----------------|---------------|
| HIIT Body Step | 08:00–08:45 |
| Body Combat | 0925-10.20 |
| Body Pump | 10:25 – 11:20 |
| Body Balance | 11.30-12.15 |