



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
Core Strength	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