



Class Timetable

2021

Monday

HIIT 09:00am

Spin 11:00am

Gentle gym 1.30pm

Pump 18:00pm

Legs Glutes & Abs 19:15pm

Circuits 19:00pm

Spin 20:15pm

Tuesday

HIIT 09:00am

Leg, Bums & Tums 9:30am

Kettlebells 18:00pm

Spin 19.00pm

Wednesday

HIIT 09:00am

Spin 17:00pm

Spin 18:00pm

Supple Strength 19:00pm

Thursday

Supple Strength 09:00am

Circle dancing 10:30am

Circuits 19:00am

Spin 20:15pm

Friday

HIIT 09:00am

Spin 11:00 am

Gentle gym 13.30pm

Pump 18:00pm

Saturday

Spin 08:15am

Spin 09:15am

Supple strength 10:15am

Sunday

Power hour 09:00am

Body pump 10.15am