



Class Timetable

2021

Monday

HIIT 09:00am – 09:30am
Spin 11:00am – 11:45am
Gentle Gym 13.30pm – 14:15
Pump 18:00pm – 18:45pm
Legs Glutes & Abs 19:15pm – 20:00
Circuits 19:00pm – 20:00pm
Yoga 19:00pm – 20:00pm **(NEW)**
Spin 20:15pm – 21:00pm

Tuesday

HIIT 09:00am – 09:30am
Leg, Bums & Tums 9:30am – 10:30am
Kettlebells 18:00pm – 18:45pm
Spin 19.00pm – 19:45pm

Wednesday

HIIT 09:00am – 09:30am
Yoga 10:00am – 11:00am **(NEW)**
Spin 17:00pm – 17:45pm
Spin 18:00pm – 18:45pm
Supple Strength 19:00pm – 19:45pm

Thursday

Supple Strength 09:00am – 09:30am
Circle dancing 10:30am – 11:30am
Circuits 19:00am – 20:00pm
Spin 20:15pm – 21:00pm

Friday

HIIT 09:00am – 09:30am
Spin 11:00 am – 11:45am
Gentle gym 13.30pm – 14:15pm
Pump 18:00pm – 18:45pm

Saturday

Spin 08:15am – 09:00am
Spin 09:15am – 10:00am
Supple strength 10:15am – 11:00am

Sunday

Power hour 09:00am – 10:00am **(NEW)**
Body pump 10.15am – 11:00am