GROUP CLASSES TIMETABLE

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

SUNDAY



HYBR1D

07:00am Gym Floor



STRENGTH

07:00am Gym Floor



HYBR1D

18:00pm Gym Floor



STRENGTH

07:00am Gym Floor



HIIT Circuits

07:00am Gym Floor



RIDE Rhythm

08:15am Studio 1



Les Mills **BODY** BALANCE

Studio 2



HIIT Circuits

09:15am Gym Floor



FUNCTIONAL CIRCUITS

09:15am Gym Floor



Les Mills **BODY**

GRANGAT Studio 1



PILATES

09:10am Studio 2



Les Mills **BODY PUMP**

09:30am Studio 1



YOGALATES

09:00am Studio 2



STRENGTH

09:30am Gym Floor



RIDE Rhythm & Core

09:15am Studio 1



YOGA

09:15am Studio 2



PILATES

18:00pm Studio 2



RIDE Rush

09:30am Studio 1



HIIT Circuits

10:30am Gym Floor



STRENGTH

09:15am Gym Floor



Les Mills **BODY PUMP**

09:50am Studio 1



YOGA

10:10am Studio 2



Les Mills **BODY PUMP**

09:30am Studio 1



FUNCTIONAL CIRCUITS

18:30pm Gym Floor



HATHA FLOW YOGA

10:00am Studio 2



BARRE

10:30am Studio 2



Les Mills **BODY PUMP**

09:15am Studio 1



Les Mills **BODY 99.45**AT

Studio 1



FITSTEPS

10:30am Studio 1



MINDFULNESS

MEDITATION



ZUMBA

18:50pm Studio 1



YIN YOGA

11:00am Studio 2



STRENGTH

18:00pm Gym Floor



Les Mills **BODY**

4J:T0SK Studio 1



FUNCTIONAL

CIRCUITS 17:30pm Gym Floor



Les Mills **BODY**

GP!MBAT

Studio 1



Studio 2

STEP

10:20am Studio 1



HYBR1D

07:00am Gym Floor



Les Mills **BODY** 47:00SK

Studio 1



RIDE Rhythm & Core

18:00pm Studio 1



STRENGTH

11:00am Gym Floor



VINYASA **YOGA**

17:30pm Studio 2



DANCE

17:15pm Studio 1



STRETCH

09:00am Studio 2



PILATES

17:00pm Studio 2



STRENGTH

17:30pm Gym Floor



CORE

18:00pm Gym Floor



STRENGTH

18:00pm Gym Floor



DANCE

09:15am Studio 1



YOGALATES

17:50pm Studio 2



GROUP CLASSES TIMETABLE

SATURDAY

FRIDAY

SUNDAY



18:50pm Studio 1