

CLASS TIMETABLE



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
09.15 - 10.00 ZUMBA	06.45 - 07.30 SPIN	09.30 - 10.30 ZUMBA	09.30 - 10.30 PUMP	06.45 - 07.30 SPIN	08.15 - 09.15 INSANITY	10.00 - 11.00 STUDIO MIX
09.15 - 10.00 SPIN	09.15 - 10.15 COMBAT	10.00 - 10.45 SPIN	10.30 - 11.00 SPIN	09.15 - 10.15 CIRCUITS	09.00 - 09.45 ZUMBA	10.30 - 11.30 OMNIA CIRCUIT
10.00 - 11.00 PUMP	10.30 - 11.30 PRIME TIME	11.00 - 12.00 YOGA	10.45 - 11.45 PILATES	10.30 - 11.30 STEP & TONE	09.15 - 09.45 SPIN	
12.20 - 13.05 PILATES	18.00 - 19.00 LEGS, BUMS, TUMS	14.30 - 15.00 SPIN	12.00 - 12.45 AQUA		10.00 - 10.30 SPIN	
13.30 - 14.15 AQUA	18.30 - 19.00 SPIN	18.30 - 19.00 SPIN	18.00 - 19.00 PUMP			
17.30 - 18.00 SPIN	19.00 - 19.30 SPIN	19.15 - 20.00 OMNIA CIRCUIT	18.45 - 19.30 SPIN			
18.15 - 19.00 CIRCUITS	19.00 - 20.00 BOXFIT	19.30 - 20.30 YOGA	19.15 - 20.00 FIGHTING FIT			
19.00 - 19.30 ABS & CORE						

Please see reception for more information on classes and to book up your first session