

YOUR GROUP FITNESS TIMETABLE

Studio 1 (Upstairs)

	MON	TUES	WED	THURS	FRI	SAT	SUN
6.00AM			H.I.T		BOX		
6.30AM							
7.00AM						SUPER CROSS	
7.30AM							
8.00AM						BOX	
8.30AM							
9.00AM	H.I.T 30	H.I.T 30					
9.30AM	LES MILLS BODYATTACK	BOX	LES MILLS BODYPUMP	MMA FIT	LES MILLS BODYPUMP	YOGA	
10.00AM							
10.30AM	LES MILLS BODYPUMP	PILATES	PILATES	PILATES	BELLY DANCING	LES MILLS BODYPUMP	
11.00AM							
5.00PM							
5.30PM	H.I.T	SUPER CROSS	LES MILLS BODYPUMP	H.I.T			
6.00PM							
6.30PM	LES MILLS BODYPUMP	LES MILLS BODYPUMP	H.I.T	LES MILLS BODYPUMP			
7.00PM							
7.30PM	H.I.T	BOX	BOX	BOX			
8.00PM							
8.30PM							
9.00PM							

Studio 2 (Downstairs)

	MON	TUES	WED	THURS	FRI	SAT	SUN
6.00AM	BLITZ						
6.30AM		TABATA		TABATA			
7.00AM							
7.30AM							
8.00AM						PILATES	
8.30AM							
9.00AM							
9.30AM	REVIVE	BLITZ	REVIVE		YOGA	STRONG JUMBA	PILATES
10.00AM							
10.30AM					REVIVE		
11.00AM							
5.00PM							
5.30PM	CORE	BLITZ	CORE				
6.00PM			TABATA				
6.30PM	BLITZ	YOGA	PILATES	TABATA			
7.00PM							
7.30PM	YOGA	PILATES		YOGA			
8.00PM							

Studio 3 (Spin)

	MON	TUES	WED	THURS	FRI	SAT	SUN
6.00AM							
6.30AM	SPIN EXPRESS				SPIN EXPRESS		
7.00AM							
7.30AM							
8.00AM							
8.30AM							
9.00AM							
9.30AM	SPIN		SPIN		SPIN	SPIN	
10.00AM							
6.00PM							
6.30PM	SPIN EXPRESS	SPIN		SPIN			
7.00PM							

Athletic Rig

	MON	TUES	WED	THURS	FRI	SAT	SUN
8.30AM			W.O.D-25		W.O.D-25		
9.00AM	W.O.D-25	W.O.D-25	W.O.D-25	W.O.D-25	W.O.D-25		

(W.O.D-25: Restriction of 10 members per class)

- Class lengths are 50 minutes & 30 minutes
- Please ensure you arrive on time to participate in the class warm up
- Instructors reserve the right to refuse entry if the warm up is missed for the safety of participants
- **MUST HAVE CLASS TICKET TO PARTICIPATE**
- Class numbers will be capped to adhere to social distancing requirements