

# PAY AS YOU GO FITNESS TIMETABLE

No contract needed - Ts&Cs apply

Access limited to class specific studios

No access to weight training and equipment sector

## MONDAY

## TUESDAY

## WEDNESDAY

## THURSDAY

## FRIDAY

Spinning 05:00

Zumba 08:00

Strength Cardio 08:00

HITT Advanced 05:30

Functional Fit 05:00

Mobility & Rejuvenation  
09:30

HITT Beginner 07:30

Spinning 07:30

Strength Cardio 17:00

Spinning 17:00

Boxfit 18:00

HITT / Cardio 18:00

Boxfit 18:00

Abs and Stretch 18:00



# NOVEMBER

010 442 1150



079 837 3780