

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

● Zumba 08:00

TUESDAY

Spinning 05:00

● HITT / Cardio 18:00

● Boxfit 18:00

WEDNESDAY

● Strength Cardio 08:00

● Mobility & Rejuvenation
09:30

● Strength Cardio 17:00

THURSDAY

● HITT Advanced 05:30

● HITT Beginner 07:30

● Spinning 17:00

● Abs and Stretch 18:00

● Boxfit 18:00

FRIDAY

● Functional Fit 05:00

● Spinning 07:30

NOVEMBER



010 442 1150



079 837 3780