



GRAVITY GYM

CLASSES SCHEDULE

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Time	09:00-10:00	09:15-10:15	09:15-10:15	09:30-10:30	09:30-10:30	09:00-10:00	09:00-10:00
Classes	Zumba	Bodypump	H.I.I.T	Bodypump	Bodycombat	Zumba	Pilates
Group	Ladies	Ladies	Ladies	Ladies	Ladies	Ladies	Mixed
Room	Studio	Studio	Studio	Studio	Studio	Studio	Studio
Time	10:15-11:00	10:00-10:45	10:30-11:30	10:00-10:45	09:30-10:15	10:00-11:00	10:15-11:00
Classes	Tabata and Abs	Aquafit	Dance Fit	Aquafit	Aquafit	Bodycombat	Group Cycling Circuits
Group	Ladies	Ladies	Ladies	Ladies	Ladies	Ladies	Mixed
Room	Studio	Pool	Studio	Pool	Pool	Studio	Studio
Time	11:15-12:15	10:30-11:30	11:30-12:00	10:45-11:45	10:45-11:45	11:15-12:15	11:15-12:15
Classes	Yoga	Bootcamp	Absolution	Cycle Beats	Body Conditioning	LBT	Bootcamp
Group	Ladies	Ladies	Ladies	Ladies	Ladies	Ladies	Ladies
Room	Studio	Studio	Studio	Studio	Studio	Studio	Studio
Time	17:00-18:00	11:45-12:45	17:15-18:15	18:45-19:30	17:30-18:30	12:00-13:30	12:30-13:30
Classes	Zumba	Zumba	Zumba	LBT	Beginners Yoga	Yoga	Step
Group	Ladies	Ladies	Ladies	Ladies	Mixed	Mixed	Ladies
Room	Studio	Studio	Studio	Studio	Studio	Studio	Studio
Time	18:05-19:05	18:15-19:00	18:30-19:30	19:30-20:30	18:30-19:30		
Classes	Body Conditioning	Tabata	Yoga	H.I.I.T	Power		
Group	Ladies	Mixed	Mixed	Mixed	Mixed		
Room	Studio	Studio	Studio	Studio	Studio		
Time	19:15-20:00	19:15-20:00	20:00-21:00				
Classes	Bootcamp	Group Cycling	Extreme Conditioning				
Group	Mixed	Ladies	Mixed				
Room	Studio	Studio	Studio				
Time		20:15-21:00					
Classes		Bodypump					
Group		Ladies					
Room		Studio					

OPENING HOURS

MONDAY - SATURDAY

06:00-22:00

SUNDAY

09:00-17:00

OFF PEAK HOURS

MONDAY - SATURDAY

05:00-15:00

20:00-22:00

SUNDAY

09:00-17:00

CONTACT US

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