



CLASS TIMETABLES 2019

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:30 – 7:15	SPINNING	SPINNING	SPINNING	SPINNING	SPINNING		
7:00 – 7:45	PILATES	PILATES	PILATES	PILATES	PILATES		
7:00 – 7:45	TRX	BUMS & TUMS	TRX	BUMS & TUMS	TRX		
7:50 – 8:20	BODYPUMP	BOOTCAMP	BODYPUMP	BOOTCAMP	BODYPUMP		
13:15 – 13:45	SPINNING	SPINNING	SPINNING	SPINNING	SPINNING	SPINNING	SPINNING
13:15 – 13:45	BUMS & TUMS	TRX	BUMS & TUMS	TRX	BUMS & TUMS	PILATES	PILATES
17:30 – 18:00	SPINNING	SPINNING	SPINNING	SPINNING	SPINNING		
17:30 – 18:00	TRX	BUMS & TUMS	TRX	BUMS & TUMS	TRX	BUMS & TUMS	TRX
18:05 – 18:50	BOOTCAMP	BODYPUMP	BOOTCAMP	BODYPUMP	BOOTCAMP	BOOTCAMP	BODYPUMP
19:00 – 19:45	PILATES	PILATES	PILATES	PILATES	PILATES		
19:00 – 19:45	SPINNING	SPINNING	SPINNING	SPINNING	SPINNING	SPINNING	SPINNING

- All classes are included in your gym membership.
- Please book in advance through your user account to avoid disappointment.
- To avoid class disruption late arrivals will not be permitted to enter.

SPINNING ROOM

FITNESS STUDIO 1

FITNESS STUDIO 2