

# CLASS TIMETABLE

| Monday                                     | Tuesday                              | Wednesday                         | Thursday                       | Friday                          | Saturday                                   | Sunday                    |
|--|--------------------------------------|-----------------------------------|--------------------------------|---------------------------------|--|---------------------------|
| Gym Conditioning<br>7:30 - 8:00            | Gym Strong<br>7:30 - 8:15            |                                   | Gym Strong<br>7:30 - 8:15      |                                 |  |                           |
| HIIT<br>9:00 - 9:30                        | Legs, Bums, Tums<br>9:00 - 9:30      |                                   | Stretch<br>8:30 - 9:00         | Circuit Training<br>8.30 - 9.15 | Express Spin<br>9 - 9.30                   |                           |
| Circuit Training<br>9:30 - 10:15           | Aerobic Conditioning<br>9:30 - 10:15 | Circuit Training<br>9:20 - 10:30  | Aqua HIIT<br>9:00 - 9:30       | Spin<br>9:15 - 10:00            |  | Boot Camp<br>9:30 - 10:15 |
| Spin<br>9:45 - 10:30                       | Dance Fit<br>10:15 - 10:45           | Stretch<br>10:30 - 11:00          | Full Body<br>9:30 - 10:00      | 20 / 20 / 20<br>9:30 - 10:30    |  |                           |
| Mobility Done Differently<br>10.30 - 11.30 |                                      | Aqua<br>11.00-11.45               | Band & Core<br>10:00 - 10:30   | Stretch<br>10:30 - 11:00        |  |                           |
|  | Aqua<br>11:00 - 11:45                | Yoga - Pilates<br>11:15 - 12:15   | Stretch<br>10:30 - 11:00       |                                 |  |                           |
| Yoga - Pilates<br>12.00-13.00              |                                      |                                   |                                |                                 | Health MOT<br>11.30-12.30                  |                           |
| MetaFit<br>17:30 - 18:00                   | Bands<br>17:45 - 18:15               | Glutey Booty<br>17.30-18.00       |                                |                                 |  |                           |
| Circuit Training<br>18:00 - 18:45          | Spin<br>18.00-18.45                  |                                   | Aqua<br>18:00-18.45            | Pilates<br>17:45-18.45          | Boot Camp<br>18:30 - 19:15                 | Spin                      |
|  | Glutes & Core<br>18:30 - 19:00       |                                   |                                |                                 |  | Gym                       |
| Stretch<br>19:00 - 19:30                   | Abs & Stretch<br>19:00 - 19:30       | Gym Conditioning<br>18.45 - 19:30 | Hatton Boxing<br>18:00 - 19:00 | Circuits<br>19:00 - 20:00       | Mobility Done Differently<br>19.15 - 20.15 | Studio                    |
| Spin<br>19.15-20.00                        |                                      |                                   | Spin<br>19:15-20:00            |                                 |  | Outside                   |
|  |                                      |                                   |                                |                                 |  | Old Studio                |

Timetable from November 2025

Please arrive 10 minutes early to spin class to get set up - late arrivals may be refused entry.



*Prested Hall*

*Health Club*

|           |              |
|-----------|--------------|
| MONDAY    | 6AM - 9.45PM |
| TUESDAY   | 6AM - 9.45PM |
| WEDNESDAY | 6AM - 9.45PM |
| THURSDAY  | 6AM - 9.45PM |
| FRIDAY    | 6AM - 8.30PM |
| SATURDAY  | 8AM - 5.15PM |
| SUNDAY    | 8AM - 4.30PM |