

CLASS TIMETABLE



Monday		Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
		Gym Strong 7:30 - 8:15		Gym Strong 7:30 - 8:15			
Circuit Training 9:00 - 9:45		Legs, Bums, Tums 9:00 - 9:30		Aqua HIIT 9:00 - 9:30	Circuit Training 8.30 - 9.15	Express Spin 9 - 9.30	Spin 9.15-10.00
Latin Dance 9:45 - 10.30	Spin 9:45 - 10:30	Aerobic Conditioning 9:30 - 10:15	Circuit Training 9:20 - 10:30	Full Body 9:30 - 10:00	Spin 9.30-10.15	Body Weight Circuit 9.00 - 9.45	Boot Camp 9:30 - 10:15
Mobility Done Differently 10.30 - 11.30		Dance Fit 10:15 - 10:45	Stretch 10:30 - 11:00	Band & Core 10:00 - 10:30	20 / 20 / 20 9:30 - 10:30	Stretch 9.45 - 10.15	
			Aqua 11.00-11.45	Stretch 10:30 - 11:00	Stretch 10:30 - 11:00		
Yoga - Pilates 12.00-13.00	Aqua 11:00 - 11:45		Yoga - Pilates 11:15 - 12:15	Joints Done Differently 11.15 - 12.15			
MetaFit 17:30 - 18:00							
Circuit Training 18:00 - 18:45	Bands 17:45 - 18:15	Glutey Booty 17.30-18.00		Aqua 18:00-18.45	Functional Fitness 18:30 - 19:15		Spin
	Circuit Training 18:15 - 19:00	Pilates 18:00 - 19:00					Gym
	Glutes & Core 18:30 - 19:00						Studio
Stretch 19:00 - 19:30	Abs & Stretch 19:00 - 19:30	Gym Conditioning 18:45 - 19:30		Circuits 19.00 - 20.00			Outside
Spin 19.15-20.00	Spin 19.00-19.45	Pilates 19:10-20.10		Spin 19.15-20.00			

Timetable from June 2026

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