

FITNESS CLASS TIMETABLE

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:00 am	HIIT	SPIN	PUMP + TONE	SPIN	HIIT		
6:45 am	CORE 15	CORE 15	PILATES	CORE 15	CORE 15		
7:00 am	SPIN	PUMP + TONE	SPIN	HIIT	SPIN		
9:30 am	PUMP + TONE	SPIN	HIIT	PUMP + TONE	SPIN	PUMP + TONE	HIIT
10:15 am	SPIN	PUMP + TONE	SPIN	ZUMBA	YOGA	SPIN	SPIN
11:00 am	AQUA	POST NATAL	AQUA	PILATES	AQUA	YOGA	PILATES
11:00 am	ACTIVE		ACTIVE		ACTIVE		
1:00 pm	SPIN	PILATES	HIIT	PUMP + TONE	SPIN	HIIT	PUMP + TONE
5:30 pm	SPIN	YOGA	SPIN	PUMP + TONE	SPIN		
6:15 pm	PUMP + TONE	SPIN	PUMP + TONE	SPIN	HIIT		
7:00 pm	SPIN	PUMP + TONE	SPIN	HIIT	PUMP + TONE		
7:00 pm	STRONG		HIIT				
7:45 pm	PILATES	HIIT	YOGA	SPIN	CORE 15		

NOTES.

All class descriptions are available on our website

All classes - 40 mins
CORE 15 - 15 mins

All class are booked online via our app

Classes cater for all fitness levels