

FITNESS CLASS TIMETABLE

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



NOTES.

All class descriptions are available on our website

All classes - 40 mins

CORE - 15 mins

All class are booked online via our app

Classes cater for all fitness levels