

MONDAY

LEGS, BUMS & TUMS
07:00 - 07:45

PILATES
12:30 - 13:30

BODY BALANCE
17:30 - 18:15

BOXERCISE
18:30 - 19:15

BODY PUMP
19:30 - 20:15

TUESDAY

BODY CONDITIONING
17:45 - 18:30

GROUP CYCLING
18:45 - 19:30

CIRCUITS
19:45 - 20:30

WEDNESDAY

GROUP CYCLING
07:00 - 07:45

GROUP CYCLING
17:30 - 18:15

YOGA
18:30 - 19:30

YOGA R&R
19:30 - 20:15

THURSDAY

BODY PUMP
07:00 - 07:45

PILATES
12:30 - 13:30

HIIT
17:30 - 18:00

LEGS, BUMS & TUMS
18:00 - 18:45

POWER CIRCUITS
19:45 - 20:30

FRIDAY

CIRCUITS
07:15 - 08:00

SATURDAY

SUNDAY

