

CLASS TIMETABLE			
DAY	CLASS	TIME	ROOM
MONDAY	KETTLESPIN	6:45AM - 7:15AM	SPIN STUDIO
	BOOTCAMP	9:15AM - 10:15AM	CIRCUIT STUDIO
	YOGA FLOW	11:00AM - 12:00AM	DANCE STUDIO
	SPIN	18:00PM - 18:45PM	SPIN STUDIO
	YOGA FLOW	19:00PM - 20:00PM	DANCE STUDIO
TUESDAY	HIIT SPIN	6:45AM - 7:15AM	SPIN STUDIO
	BURN & TONE	9:15AM - 10:15AM	CIRCUIT STUDIO
	ABS BLAST	10:30AM - 11:00AM	CIRCUIT STUDIO
	CIRCUIT TRAINING	18:00PM - 18:45PM	CIRCUIT STUDIO
WEDNESDAY	20/20/20	9:15AM - 10:15AM	CIRCUIT STUDIO
	STEP & TONE	10:30AM - 11:15AM	CIRCUIT STUDIO
	SPIN	18:00PM - 18:30PM	SPIN STUDIO
THURSDAY	HIIT SPIN	6:45AM - 7:15AM	SPIN STUDIO
	BOOTCAMP	9:15AM - 10:15AM	CIRCUIT STUDIO
	YOGA FLOW	10:00AM - 11:00AM	DANCE STUDIO
	STRETCH & TONE	10:30AM - 11:15AM	CIRCUIT STUDIO
	KETTLEBELL BLAST	18:00PM - 18:45PM	SPIN STUDIO
FRIDAY	BODYBLAST	9:15AM - 10:00AM	CIRCUIT STUDIO
	LEGS BUMS & TUMS	10:15AM - 11:00AM	CIRCUIT STUDIO
SATURDAY	BUILD & TONE	8:30AM - 9:00AM	CIRCUIT STUDIO
	BOOTCAMP	9:30AM - 10:15AM	CIRCUIT STUDIO
	BEGINNER SPIN	10:30AM - 11:00AM	SPIN STUDIO
SUNDAY	BUILD & TONE	8:30AM - 9:00AM	CIRCUIT STUDIO
	BOOTCAMP	9:30AM - 10:15AM	CIRCUIT STUDIO
	HIIT SPIN	10:30AM - 11:00AM	SPIN STUDIO

*When possible classes such as bootcamp, circuits and bodyblast will be outside for health and safety.

*Members must bring their own mat for: Yoga, Abs blast, Stretch & Tone, Build & Tone and Stretch & Tone.