

CLASS TIMETABLE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
06:00 – 08:00 Breakfast Club*	06:30 – 07:15 Spin	06:00 – 08:00 Breakfast Club*	06:30 – 07:15 Spin	06:00 – 08:00 Breakfast Club*	08:00 – 08:45 Spin
09:00 – 09:45 Spin	09:30 – 10:15 Spin	09:30 – 10:15 Bikes and Bells	09:00 – 09:30 Metafit	09:30 – 10:15 Bikes and Bells	09:00 – 09:45 BoxFIT
10:00 – 10:45 LBT	10:30 – 11:15 LBT		11:00 – 11:45 Pilates	10:30 – 11:15 Balance	
11:00 – 11:45 Pump	12:00 – 14:00 Packed Lunch*	12:15 – 13:00 BoxFIT	12:00 – 14:00 Packed Lunch*		
12:00 – 13:00 Pilates	12:30 – 13:15 LIIT**				
	13:30 – 14:00 Stretch and Tone				
17:30 – 18:15 Spin	17:30 – 18:30 Boot Camp		18:00 – 18:30 HIIT	18:00 – 18:45 Body Conditioning	
18:30 – 19:15 Spin	18:30 – 19:30 Boot Camp		18:30 – 19:00 Core		
19:30 – 20:15 Pump	19:30 – 20:15 Spin	19:30 – 20:15 Bikes and Bells	19:30 – 20:15 Spin		
20:30 – 21:30 Pilates	20:30 – 21:15 Breathe, Chill, Relax, Repeat	20:30 – 21:00 Stretch and Tone	20:30 – 21:15 Balance	wellness	

* Book for a time that suits you within the 2 hour block and be motivated to maximise your workout potential in just 30 minutes.

** Low Impact Intensity Training. The perfect workout for those returning from injury, surgery or a period of time off exercise. A great workout for those that want to get moving, raise the heart rate and increase strength through functional training.