

# CLASS TIMETABLE

Monday		Tuesday		Wednesday		Thursday		Friday		Saturday		Sunday	
06.45-07.30	Synergy 45 (Gym Floor)	06.45-07.15	Circuits (Studio 1)	07.15-08.00	Circuits (Studio 2)	06.45-07.30	Synergy 45 (Gym Floor)	06.45-07.30	Circuits (Studio 1)	07.00-07.45	Synergy 45 (Gym Floor)	07.30-8:15	Synergy 45 (Gym Floor)
09.15-09.45	Synergy 30 (Gym Floor)	07.30-08.00	Synergy 30 (Gym floor)	09.30-10.00	Synergy 30 (Gym Floor)	09.30-10.15	Circuits (Studio 1)	09.30-10.00	HIIT (Studio 2)	08.00-08.30	HITT (Studio 2)	08.30 - 09.15	Spin (Spin Studio)
10.00-10.45	Aqua (Pool)	09.00-09.45	Synergy 45 (Gym Floor)	10.15-11.00	Bar Complex (Studio 1)	10.30-11.00	HIIT (Studio 1)	09.30-10.15	Legs, Bums & Tums (Studio 1)	08.30 - 09.00	Circuits (Studio 1)	09.30-10.30	Bootcamp (Gym grounds)
10.00-11.00	Zumba (Studio 2)	09.30-10.30	Yoga (Studio 2)	10.30-11.30	Pilates (Studio 2)	11.00-12.00	Pilates (Studio 2)	10.30-11.15	Synergy 45 (Gym Floor)	08.45 - 09.30	Spin (Spin Studio)	10:00-11:00	Legs, Bums & Tums (Studio 1)
11.15-12.15	Stretch & Tone (Studio 2)	10.45-11.30	Aqua (Pool)	11:15-12:15	Pilates (Studio 1) Starting 2nd sep	12.15-13.00	Aqua (Pool)	11.05-12.05	Stretch & Tone (Studio 2)	09.00 - 09.30	Fab Abs (Studio 1)	11.00-11.30	Yoga (Studio 2)
16.30-17.00	Fab abs (Studio 2)	17.30-18.15	Spin (Spin Studio)	11.45-12.30	Aqua (pool)	17.15-17.45	Fab abs (Studio 2)	12.15-13.00	Aqua (Pool)	09:30-10:30	Bootcamp (Gym Grounds)	12.00-12.45	KettleMax (Studio 1)
17.00-17.30	HIIT (Studio 1)	18.00-18.30	Fab abs (Studio 1)	17.00 -17.30	Fab abs (Studio 1)	17:30-18:15	Spin (Spin Studio)	16:15-17:15	Boxercise (Studio 1)	09.30 - 10.30	Fitness Pilates (Studio 2)	12.30-13.00	Bar Complex (Studio 1)
17.30-18.00	Synergy 30 (Gym Floor)	18.00 - 19.00	Pilates (Studio 2)	17.30-18.30	HIIT (Studio 1)	18.00-19.00	Bar Complex (Studio 1)	17:30-18:00	Fitness Test (Studio 1)	09:45 - 10:45	Pump & Tone (Studio 1)	13.15-14.00	Aqua (Pool)
18.30-19.15	Spin (Spin Studio)	18.30-19.15	Synergy 45 (Gym Floor)	18.15-19:00	Legs,Bums & tums (Studio 1)	18.15 - 19.15	Fitness Pilates (Studio 2)	19:00-20:00	Strength & Conditioning (Studio 1)	11:00 - 11.45	Bar Complex (Studio 1)		Stretch & Tone (Studio 2)
19.00-20.00	Yoga (Studio 1)	18.30-19.15	Legs, Bums & Tums (Studio 1)	18.00-18.45	Spin (spin studio)	19:00 - 19:45	Spin (Spin studio)			12:00 - 12.45	stretch & tone (studio 2)		
19.30-20.15	Cardio Kick (Studio 2)	19.15-20.15	Pilates (Studio 2)			19.15-20.00	Legs, bums & tums(studio 1)						

10/08/2020