

CLASS TIMETABLE

Monday		Tuesday		Wednesday		Thursday		Friday		Saturday		Sunday	
08.00-08.30	HIIT (Studio 1)	07.00-07.45	Circuits (Studio 1)	07.00-07.45	Circuits (Studio 1)	07.00-07.45	Synergy 45 (Gym Floor)	07.00-07.45	Circuits (Studio 1)	08.45 - 09.30	Spin (Spin Studio)	09.15-9.45	Spin 30 (Spin Studio)
09.15-09.45	Synergy 30 (Gym Floor)	09.15-10.00	Synergy 45 (Gym Floor)	09.15-09.45	Fab Abs (Studio 2)	09.15-10:00	Synergy 45 (Gym Floor)	09.00-10.00	Yoga (Studio 1)	09.00 - 09.45	Synergy 45 (Gym Floor)	09:30-10:30	Synergy 60 (Gym Floor)
09.30-10.30	Thai Chi (Studio 1)	09.00-10.00	Yoga (Studio 1)	09.30-10.15	Thai Chi (Studio 1)	10.00-10.45	Legs,Bums & Tums (Studio 1)	09.15-10:00	Synergy 30 (Gym Floor)	09.00-10.00	Yoga (Studio 2)	09.30-10.30	Pilates (Studio 1)
10.00-10.45	Aqua (Pool)	10.30-11.15	Aqua (Pool)	10.00-10.30	Synergy 30 (Gym Floor)	11.00-12.00	Pilates (Studio 2)	10.10-10.55	Legs,Bums & Tums (Studio 1)	09:45 - 10:45	Pump & Tone (Studio 1)	12.00-12:45	Bar Complex (Studio 1)
10.00-11.00	Zumba (Studio 2)	17.15-17.45	HIIT (Studio 1)	10.30-11.30	Pilates (Studio 2)	12.15-13.00	Aqua (Pool)	10:00-11:00	Zumba (Studio 2)	11.00-12.00	Family Boot Camp (Outdoor)		
11.00-12.00	Fitness Pilates (Studio 1)	18.00-18.30	Fab Abs (Studio 1)	11.45-12.30	Aqua (Pool)	16.45-17.15	Fab Abs (Studio 1)	11:15-12:15	Fitness Pilates (Studio 1)				
16.30-17.00	Fab Abs (Studio 2)	18.00-19.00	Pilates (Studio 2)	17.00 -17.30	Synergy 30 (Gym Floor)	17.30-18.30	Bar Complex (Studio 1)	12.15-13.00	Aqua (Pool)				
17.00-17.30	HIIT (Studio 1)	18.30-19.15	Legs,Bums & Tums (Studio 1)	17.30-18.00	HIIT (Studio 1)	18.00-19.00	Yoga (Studio 2)	16.45-17.30	Family Circuits (Studio 1)				
17.15-18.15	Pilates (Studio 2)	19.15-20.15	Pilates (Studio 2)	18.00-18.45	Spin 45 (Spin Studio)								
18.30-19.15	Spin 45 (Spin Studio)	19.30-20.00	Synergy 30 (Gym Floor)	18.15-19.00	Legs, Bums & Tums (Studio 1)								
19.00-20.00	Yoga (Studio 1)			19.00-20.00	Pump & Tone (Studio 1)								
19.30-20.15	Cardio Kick (Studio 2)			19.00-20.00	Yoga (Studio 2)								

14/02/2023