

Monday			Tuesday			Wednesday			Thursday			Friday			Saturday			Sunday		
7:15 8:00	NuCycle Freestyle 45mins JB	NuCycle Studio	7:00 8:00	BODYPUMP 60mins Kelly	Studio 1	7:15 8:00	NuCycle Escape 45mins Virtual	NuCycle Studio	7:00 8:00	BODYPUMP 60mins Robert	Studio 1	7:15 8:00	NuCycle Escape 45mins Virtual	NuCycle Studio	8:30 9:30	NuCycle Escape 60mins Virtual	Studio 3	8:30 9:30	NuCycle Escape 60mins Virtual	NuCycle Studio
7:15 8:15	Pilates 60mins Fay	Studio 3	7:30 8:00	Intervals 30mins Gym Team	Gym floor	7:30 7:45	Abs 15mins Gym Team	Gym floor	7:30 8:00	Intervals 30mins Gym Team	Gym floor	7:30 7:45	Abs 15mins Gym Team	Gym floor	10:00 10:45	Stretch and Relax 45mins Gym Team	Studio 3	11:00 11:30	Circuits 30mins Gym Team	Gym floor
12:15 13:00	BODYATTACK 45mins Felicity	Studio 1	12:15 13:00	LBT 45mins Felicity	Studio 1	7:45 8:15	Suspension Training 30mins Gym Team	Gym floor	12:15 13:00	BODYCOMBAT 45mins Pedro	Studio 1	7:45 8:15	Suspension Training 30mins Gym Team	Gym floor	10:45 11:45	BODYPUMP 60mins Tony	Gym floor	11:00 11:45	NuCycle Escape 45mins Virtual	NuCycle Studio
12:00 13:00	Pilates 45mins Disa	Studio 3	12:15 12:45	NuCycle Freestyle 30mins Gym Team	NuCycle Studio	12:00 13:00	Pilates 60mins Orsi	Studio 3	12:15 13:15	Yoga Ashtanga 60mins Andrea	Studio 3	12:15 13:00	BODYPUMP 45mins Felicity	Studio 1	11:00 11:30	Circuits 30mins Gym Team	Gym floor	14:00 14:30	Circuits 30mins Gym Team	Gym floor
12:30 13:00	BoxFit 30mins Jez	Gym floor	12:30 13:00	Intervals 30mins Gym Team	Gym floor	12:15 13:00	Strong 45mins Sandra	Studio 1	12:15 13:00	NuCycle Escape 45mins Virtual	NuCycle Studio	12:15 13:00	Zumba 45mins Disa	Studio 3	14:00 14:15	Abs 15mins Gym Team	Gym floor	14:45 15:30	NuCycle Escape 45mins Virtual	NuCycle Studio
17:00 17:45	BODYBALANCE 45mins Pedro	Studio 1	13:00 13:45	BODYPUMP 45mins Felicity	Studio 1	12:30 13:00	JumpFit 30mins Pedro Miele	Studio 2	12:30 13:00	Intervals 30mins Gym Team	Gym floor	12:15 12:45	Circuits 30mins Gym Team	Gym floor	14:15 14:45	Circuits 30mins Gym Team	Gym floor			
17:45 18:30	BODYCOMBAT 45mins Pedro	Studio 1	17:00 18:00	Pilates 60mins Orsi	Studio 3	12:45 13:15	Circuits 30mins Gym Team	Gym floor	13:00 13:45	BODYPUMP 45mins Felicity	Studio 1	12:30 13:15	BoxFit 45mins Kat	Studio 2	14:45 15:30	NuCycle Escape 45mins Virtual	NuCycle Studio			
17:45 18:15	Base Line Nucycle 30mins Gym team	NuCycle Studio	17:15 18:00	Zumba 45mins Sandra	Studio 1	17:30 18:45	Rocket Yoga 75mins Andrea	Studio 3	16:45 17:15	Introduction to Yoga 30mins Andrea	Studio 3	12:30 13:00	Climbing coach 30mins Gym Team	Climbing Wall						
18:30 19:00	Climbing coach 30mins Hugh	Climbing Wall	17:30 18:00	Circuits 30mins Gym Team	Gym floor	17:30 18:15	BODYPUMP 45mins Mel	Studio 1	17:15 18:00	LBT 45mins Sandra	Studio 1	16:45 17:15	Stretch and Relax 30mins Gym Team	Studio 3						
18:35 19:05	GRIT Strength 30mins Pedro	Studio 1	18:00 18:45	Nucycle Freestyle 45mins Gym team	NuCycle Studio	17:45 18:30	NuCycle Freestyle 45mins Gym Team	NuCycle Studio	17:30 18:45	Ashanga Modified Primary Series 75mins Andrea	Studio 3	17:45 18:30	NuCycle Freestyle 45mins Gym Team	NuCycle Studio						
			18:00 19:00	Yoga 60mins Orsi	Studio 3	18:15 19:00	BODYATTACK 45mins Tony	Studio 1	17:30 18:00	Intervals 30mins Gym Team	Gym floor									
									18:00 18:45	RPM 45mins Kelly	NuCycle Studio									
									18:05 19:05	Dance Fit 60mins Anna	Studio 1									

New Timetable starting 04th of March 2019
Obs: Yoga on Tuesday 18:00h and BODYPUMP Saturday will start from 1st of April due works on the Studio.



- Themed classes, where you can have some fun whilst getting fit.
- Holistic classes, where you take care of your mind, stretch, energise and relax
- Muscular strength and toning, build up some power for your body
- Burn calories with some cardio training, including the most varied techniques
- The best that you can have for fitness, a combination of strength and cardio, to make your muscles work and your heart beat

Looking forward to hearing your feedback

