

| Monday | | Tuesday | | Wednesday | | Thursday | | Friday | | Saturday | | Sunday | |
|----------------|--|----------------|--|----------------|--|----------------|---|----------------|--|----------------|--|----------------|--|
| 7:15 8:00 | NuCycle Freestyle 45mins Nick 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 NuCycle Studio | 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 Nick 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 | Capoeira 45mins Stathis Studio 2 | 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 |
| 12:30 13:00 | BoxFit 30mins Jez Gym floor | 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 | 12:30 13:15 | BoxFit 45mins Kat Studio 2 | 14:15 14:45 | Circuits 30mins Gym Team Gym floor | 14:15 14:45 | Circuits 30mins Gym Team Gym floor |
| 17:00 17:45 | BODYBALANCE 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 13:00 | Climbing coach 30mins Gym Team Climbing Wall | 14:45 15:30 | NuCycle Escape 45mins Virtual NuCycle Studio | 14:45 15:30 | NuCycle Escape 45mins Virtual NuCycle Studio |
| 17:45 18:30 | BODYCOMBAT 45mins Pedro Studio 1 | 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 | 16:45 17:15 | Stretch and Relax 30mins Gym Team Studio 3 | | | | |
| 17:45 18:15 | Base Line Nucycle 30mins Gym team NuCycle Studio | 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 | 17:45 18:30 | NuCycle Freestyle 45mins Gym Team NuCycle Studio | | | | |
| 18:30 19:00 | Climbing coach 30mins Hugh Climbing Wall | 18:00 18:45 | Nucycle Freestyle 45mins Nick NuCycle Studio | 17:45 18:30 | NuCycle Freestyle 45mins Gym Team NuCycle Studio | 17:30 18:45 | Ashtanga Modified Primary Series 75mins Andrea Studio 3 | 17:30 18:45 | Intervals 30mins Gym Team Gym floor | | | | |
| 18:35 19:05 | GRIT Strength 30mins Pedro Studio 1 | 18:00 19:00 | Restorative Hatha Yoga 60mins Orsi Studio 3 | 18:15 19:00 | BODYATTACK 45mins Tony Studio 1 | 17:30 18:00 | Intervals 30mins Gym Team Gym floor | 17:30 18:00 | RPM 45mins Kelly NuCycle Studio | | | | |
| | | | | | | 18:00 18:45 | Zumba 40mins Disa Studio 1 | | | | | | |

New Timetable starting 04th of March 2019



- 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

