

LIVE timetable

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
AM							
6.30AM		Boot Camp 45		Boot Camp 45			
7.00am	Cycle 30		Cycle 30		Cycle 30		
9.00am						Cycle 45	Circuits 45
10.30am					Pilates 60	Pilates 60	
12.30pm	Circuits 30	Core 30	Circuits 30	Core 30	Circuits 30		
PM							
17.30pm	Strength 30	Cardio 30	Strength 30	Cardio 30	Strength 30		Private Booking
18.00pm							
19.00pm	Cycle 45	Circuits 45	Cycle 45	Circuits 45			
20.00pm		Private Booking		Private Booking			
21.00pm							

