

Timetable

Mondays:

6:30-7:00pm – HIIT

7:15-8:00pm – CORE

8:00-8:30pm – SPIN

8:30-9:30pm – BOOTCAMP

Tuesdays:

6:00-6:45pm – LBT

6:45-7:30pm – YOGALATES

7:00-7:30pm – SPIN

7:30 – 8:00pm – EXPRESS TRX

Wednesdays:

6:30-7:00pm – KETTLEBELLS

7:00-8:00pm – YOGA

7:30-8:15pm – ADVANCED SPIN

8:15-9:15pm – PILATES

Thursdays:

6:15-6:45pm – BODY BLAST

6:45-7:15pm – BODYPUMP (CROSSFIT)

7:15pm-8:00pm – SPINFIT

8:00-8:30pm – STABILITY BALL CORE

Fridays:

6:00-6:45pm – LBT

Saturdays:

9:30-10am – EXPRESS TRX

10:30-11:30am – YOGA

Sundays:

9:30-10:15am – SPIN

10:15-11:15am – LBT

Colour Key:

Advanced

Medium Difficulty

All Levels