

STUDIO TIMETABLE

Monday		
07:00-07:45		Bodypump
09:30-10:30		Bodybalance
09:30-10:15		Aquafit
10:45-11:45		Conditioning
10:45-11:30		Aquafit
12:00-13:00		Pilates
13:15-14:00		Core
17:30-18:15		Yoga
18:30-19:30		Bodypump
20:00-21:00		Pilates

Tuesday		
06:45-07:30		Boot Camp
09:15-10:15		20/20/20
10:30-11:30		Bodypump
12:00-12:45		Core
13:00-13:30		Stretch
14:00-15:00		Yoga
18:00-18:45		Step+ Tone
19:00-19:45		Yoga *45
20:00-21:00		Bodypump






Wednesday		
06:45-07:30		Bodypump
09:30-10:15		Conditioning
09:45-10:30		Aquafit
10:45-11:45		Zumba
11:00-11:45		Aquafit
12:00-12:45		Aerobics
14:00-15:00		Pilates
17:45-18:45		Bodybalance
19:00-19:45		Step + Tone
20:15-21:00		Aquafit
20:00-20:45		Bodypump

Thursday		
06:45-07:30		Bodypump
09:30-10:30		Bodybalance
09:30-10:15		Aquafit
10:45-11:45		Step + Tone
12:00-12:45		Conditioning
13:00-13:45		Stretch and Tone
14:00-15:00		Yoga
16:45-17:30		Pilates
18:00-18:45		Zumba
19:00-20:00		Bodypump

Friday		
09:30-10:30		Bodypump
09:30-10:15		Aquafit
10:30-11:15		Aquafit
11:00-11:45		Pilates
12:00-12:45		Conditioning
13:00-13:45		Zumba
17:00-17:45		Balance
18:00-18:45		Bodypump
19:15-20:00		Yoga

Saturday		
08:30-09:15		Bodypump
09:30-10:15		Circuits
10:30-11:30		Yoga

Sunday		
08:30-09:15		Aerobics
09:30-10:30		Bodypump
11:00-12:00		Bodybalance

	Cardio, Strength & Tone		Water Fitness		Mind & Body
	Dance		Strength & Tone		

MEMBERS PRE-BOOK 7 DAYS
PAY AS YOU GO CUSTOMERS 2 DAYS
PAYMENT ON BOOKING

**SEE WEBSITE TO
 VIEW OUR COVID
 SAFETY MEASURES**

