

































CLASS TIMETABLE

















MONDAY

| | |
|---------------------------|--|
| Spin 07:30 – 08:00 |   |
| LBT 09:30 – 10:00 |   |
| Vibeatz 12:05 – 12:50 |   |
| Spin X 13:10 – 13:40 |   |
| Spin 17:45 – 18:30 |   |
| Yoga 17:45 – 18:30 |   |
| Pump 18:30 – 19:30 |   |
| Bootcamp 19:30 – 20:00 |   |

















TUESDAY

| | |
|--------------------------------|--|
| HIIT 07:30 – 08:00 |   |
| Spin 07:30 – 08:15 |   |
| Circuits 12:10 – 12:40 |   |
| LBT 13:10 – 13:40 |   |
| Dance Fitness 17:45 – 18:30 |   |
| Circuits 18:00 – 18:30 |   |
| Spin 18:30 – 19:15 |   |
| HIIT 19:30 – 20:00 |   |

















WEDNESDAY

| | |
|------------------------------|--|
| Bootcamp 07:30 – 08:00 |   |
| Spin 07:30 – 08:00 |   |
| HIIT 09:30 – 10:00 |   |
| LBT 12:10 – 12:40 |   |
| Body Combat 13:05 – 13:50 |   |
| Spin 17:45 – 18:30 |   |
| Circuits 18:00 – 18:30 |   |
| Box Fit 18:30 – 19:15 |   |











THURSDAY

| | |
|----------------------------|--|
| Circuits 07:30 – 08:00 |   |
| Spin 07:30 – 08:15 |   |
| Boxercise 12:10 – 01:10 |   |
| HIIT 13:10 – 13:40 |   |
| Spin 17:45 – 18:30 |   |
| Combat 18:00 – 18:45 |   |
| Circuits 19:30 – 20:00 |   |
| |   |

FRIDAY

| | |
|----------------------------|--|
| Abs Blast 07:30 – 07:45 |   |
| Spin 07:30 – 08:00 |   |
| Yoga 12:05 – 12:50 |   |
| Spin X 13:10 – 13:40 |   |
| Spin 17:45 – 18:30 |   |
| |   |
| |   |
| |   |

SATURDAY

| | |
|---------------------------|--|
| Bootcamp 08:30 – 09:15 |   |
| Spin 09:00 – 09:45 |   |
| Pilates 09:15 – 10:00 |   |
| Circuits 10:30 – 11:00 |   |
| |   |



| | | | | | | | | | | |
|------------|---|---|---|---|---|---|---|-----------------|---|---|
| CLASS TYPE |  |  |  |  |  |  |  | INSTRUCTOR TYPE |  |  |
| | CARDIO | STRENGTH | STRETCH | FUNCTIONAL | CIRCUITS | DANCE | MIND & BODY | | INSTRUCTOR LEAD | VIRTUAL CLASS |

*Classes subject to change