



CLASS TIMETABLE

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SUNDAY					
10:00AM-10:20AM AEROBIC STUDIO	CARDIO BLAST	11AM-11:30AM AEROBIC STUDIO	HIT & ABS	6:15PM-7PM AEROBIC STUDIO	BODYPUMP	11:00AM-11:30AM AEROBIC STUDIO	HIT & TONE	11:00AM-11:30AM AEROBIC STUDIO	TOTAL ABS	11:00-11:45AM AEROBIC STUDIO	GET NRGETIC
6:15PM-7PM AEROBIC STUDIO	PILATES	6:15PM-7PM SPIN STUDIO	SPIN	7:30PM-8:15PM AEROBIC STUDIO	ZUMBA	6:15PM-7PM AEROBIC STUDIO	ABS & TONE	7PM-7:45PM AEROBIC STUDIO	HIT BLAST		
7:30PM-8:15PM AEROBIC STUDIO	ZUMBA	7:15PM-8:15PM AEROBIC STUDIO	STREET BEATZ			7:30PM-8:15PM SPIN STUDIO	SPIN				

Please note: All classes are at a reduced capacity to abide by government guidelines. We would kindly like to ask all members to not share any of their weights and to please keep government social distancing space between other participants.

To participate in our classes please pre-book your class in advance. Members who have not booked their class will not be able to participate.