



## CLASS TIMETABLE

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
10am-11:00AM STUDIO	BOOTCAMP	10AM-10:30AM STUDIO SPEED SPIN	10AM-10:30AM STUDIO H.I.T.T	10AM-10:30AM KETTLEBELLS	10AM-10:30AM SPEED SPIN	
6.30PM-7.20PM STUDIO	SPIN	6.30PM-7.20PM STUDIO SPIN	6.30PM-7.20PM STUDIO BOXERCISE	6.30PM-7.30PM THAIROBICS	10.30AM-11AM KETTLEBELLS	
7.30PM-8.15PM STUDIO	BARBELL PUMP	7.30PM-8.15PM STUDIO STRONG	7.30PM-8.15 STUDIO STRONG	7.30PM-8.15PM BOOTCAMP	11.00AM-11.30AM Absolute	
8.15PM-8.30PM STUDIO	NRG CORE	8.15PM-8.00PM STUDIO ZUMBA	8.15PM-8.00PM STUDIO ZUMBA STEP	8.15PM-8.30PM QUICK ABS		

**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.