

GROUP FITNESS TIMETABLE - PARAGON FITNESS

Effective from 15th September 2020

MAIN STUDIO	Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	
	6:00am		BODYPUMP*	BODYATTACH*			BODYPUMP*		
	7:15am						IGT30		
	7:45am					FIT-OVER-50s*			
	8:00am						BODYPUMP*		
	8:45am	BODYATTACH*		BODYCOMBAT*	BODYPUMP*	BODYSTEP*			
	8:55am		CXWORX						
	9:00am						BODYATTACH*	BODYPUMP*	
	9:35am	BODYPUMP*	BODYSTEP*	STRONG NATION*	BODYATTACH*	BODYPUMP*			
	10:00am						BODYCOMBAT*	BODYSTEP*	
	10:30am	ZUMBA*	BODYPUMP*	BODYBALANCE*	CXWORX*	BODYBALANCE			
	11:00am						BODYBALANCE	SH'BAM*	
	11:15am				ZUMBA gold				
	11:30am	FIT-OVER-50s	FIT-OVER-50s	FIT-OVER-50s					
	5:40pm	BODYPUMP*	BODYATTACH*	BODYSTEP*	IGT30	BODYPUMP*			
5:45pm					*24 hr access required				
6:30pm	BODYSTEP*	BODYPUMP*	BODYPUMP*	BODYCOMBAT*					
7:30pm	BODYBALANCE	CXWORX	ZUMBA	BODYBALANCE					
8:00pm		SH'BAM*							

RPM	Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	6:00am	RPM	LES MILLS sprint	RPM	RPM	LES MILLS sprint		
	8:00am						RPM	
	9:00am						LES MILLS sprint	
	9:30am	RPM	RPM	LES MILLS sprint		RPM		
	9:30am							
	10:00am							RPM
	5:45pm	LES MILLS sprint	RPM	SPIN	LES MILLS sprint			
	6:30pm	RPM						

WELLNESS	Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	6:30am		BODYBALANCE STRETCH					
	9:00am						PILATES	
	9:30am		PILATES		PILATES	YOGA		
	10:00am							YOGA
	10:30am							
	6:00pm			YOGA				
	6:30pm	YOGA			BODYBALANCE STRETCH			

*Denotes a 45minute class