

GROUP FITNESS TIMETABLE - PARAGON FITNESS

Effective from 05th Feb 2021

MAIN STUDIO	Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	6:00am		BODYPUMP*	BODYATTACK*		BODYPUMP*		
	7:15am						IGT ₃₀	
	7:45am					FIT-OVER-50s*		
	8:00am						BODYPUMP*	
	8:45am	BODYATTACK*		BODYCOMBAT*	BODYPUMP*	BODYSTEP*		
	8:55am		CXWORX					
	9:00am						BODYATTACK*	BODYPUMP*
	9:35am	BODYPUMP*	BODYSTEP*	STRONG ^{NATION} *	BODYATTACK*	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*	BODYATTACK*	BODYSTEP*	IGT ₃₀	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}		
	7:05am						RPM	
	8:00am						RPM	
	9:00am						LES MILLS ^{sprint}	
	9:30am	RPM	RPM	LES MILLS ^{sprint}		RPM		
	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					
	8:20am						Express PILATES	
	9:00am			YOGA			PILATES	
	9:30am	PILATES	PILATES		PILATES	PILATES		
	10:00am							YOGA
	5:30pm			YOGA				
	6:30pm	YOGA		YOGA	BODYBALANCE STRETCH			

*Denotes a 45minute class