

GROUP FITNESS TIMETABLE

Effective from August 2019

MAIN STUDIO	Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	6:00am	I.G.T*	BODYPUMP*	BODYATTACK*	STRONG BY ZUMBA	BODYPUMP*	7.15AM	
	7:30am					FIT-OVER-50	GRIT STRENGTH	
	8:00am						BODYPUMP*	
	8:45am	BODYATTACK*		BODYCOMBAT*	BODYPUMP*	BODYSTEP		
	9:00am		CXWORX*				BODYATTACK*	BODYPUMP*
	9:30am	BODYPUMP*	BODYSTEP	I.G.T*	BODYATTACK*	BODYPUMP*	9.45AM	
	10:00am						CXWORX*	BODYSTEP
	10:20am		BODYPUMP*	BODYBALANCE	CXWORX*		10.15AM	
	10:30am	ZUMBA				BODYBALANCE	BODYCOMBAT*	
	11:00am				ZUMBA gold		11.15AM	SH'BAM*
	11:30am	FIT-OVER-50	FIT-OVER-50	FIT-OVER-50			BODYBALANCE	
	5:15pm			CXWORX*				
	5:45pm	BODYPUMP*	BODYATTACK*	BODYSTEP	GRIT SERIES	BODYPUMP*		
	6:30pm		BODYPUMP*	BODYPUMP*	BODYCOMBAT*			
	6:45pm	BODYSTEP*						
	7:30pm	BODYBALANCE	CXWORX*	ZUMBA	BODYBALANCE			
	8:00pm		SH'BAM*					



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

WELLNESS	Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	6.30am		BODYBALANCE STRETCH 30mins					
	9:00am						PILATES	
	9.30am		PILATES		PILATES			
	10:30am		YOGA					10:00am YOGA
	6:00pm			YOGA	6.15PM BODYBALANCE STRETCH 30mins			
6:30pm	YOGA							

*Denotes a 45minute class