

Sunday 24 Feb 2019	Duration	Intensity Level
09:25 -- Studio Cycle	45 mins	☆☆☆☆
10:20 -- Yoga	60 mins	☆☆☆☆
16:15 -- MyRide Tour (EXPRESS CLASS)	35 mins	☆☆☆☆
17:00 -- Body Pump	60 mins	☆☆☆☆
17:15 -- Aquafit	45 mins	☆☆☆☆
18:00 -- Body Combat	60 mins	☆☆☆☆

Monday 25 Feb 2019	Duration	Intensity Level
07:15 -- MyRide Tour	35 mins	☆☆☆☆
09:15 -- Body Balance	60 mins	☆☆☆☆
10:15 -- Total Tone	60 mins	☆☆☆☆
10:15 -- Zumba	60 mins	☆☆☆☆
11:15 -- Agewell	60 mins	☆☆☆☆
11:45 -- Functional Training	30 mins	☆☆☆☆
12:30 -- Express Studio Cycle	30 mins	☆☆☆☆
17:30 -- Functional Training	30 mins	☆☆☆☆
18:00 -- Climb Fit	60 mins	☆☆☆☆
18:00 -- Studio Cycle	45 mins	☆☆☆☆
18:00 -- HTK	45 mins	☆☆☆☆
19:00 -- Body Pump	60 mins	☆☆☆☆
19:00 -- Climb Fit	60 mins	☆☆☆☆
19:00 -- Clubbercise	60 mins	☆☆☆☆
19:00 -- MyRide Tour	60 mins	☆☆☆☆
20:00 -- Body Balance	60 mins	☆☆☆☆

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Whilst we make every effort for classes to be covered, there may be occasions where we have no option but to offer an alternative class due to instructor availability.

Tuesday 26 Feb 2019	Duration	Intensity Level
07:15 -- MyRide Studio	35 mins	⊕ ⊕ ⊕ ⊕
09:30 -- Aquafit	45 mins	⊕ ⊕ ⊕ ⊕
09:30 -- Body Blast	60 mins	⊕ ⊕ ⊕ ⊕
11:00 -- Pilates	60 mins	⊕ ⊕ ⊕ ⊕
12:00 -- Functional Training	30 mins	⊕ ⊕ ⊕ ⊕
12:15 -- MyRide Tour XP	35 mins	⊕ ⊕ ⊕ ⊕
17:30 -- Studio Cycle	45 mins	⊕ ⊕ ⊕ ⊕
17:45 -- Metafit	30 mins	⊕ ⊕ ⊕ ⊕
18:25 -- Body Pump	60 mins	⊕ ⊕ ⊕ ⊕
19:00 -- Boxfit (Gentle Circuit)	60 mins	⊕ ⊕ ⊕ ⊕
19:00 -- MyRide Tour	60 mins	⊕ ⊕ ⊕ ⊕
19:30 -- Dance Fitness (Dance Aerobics)	60 mins	⊕ ⊕ ⊕ ⊕

Wednesday 27 Feb 2019	Duration	Intensity Level
07:15 -- MyRide Tour XP	30 mins	⊕ ⊕ ⊕ ⊕
09:00 -- Functional Training	45 mins	⊕ ⊕ ⊕ ⊕
10:00 -- Spinning	45 mins	⊕ ⊕ ⊕ ⊕
10:00 -- Zumba	60 mins	⊕ ⊕ ⊕ ⊕
11:00 -- Agewell	60 mins	⊕ ⊕ ⊕ ⊕
12:35 -- MyRide Coach XP	35 mins	⊕ ⊕ ⊕ ⊕
14:00 -- Kettlebells	45 mins	⊕ ⊕ ⊕ ⊕
14:00 -- MyRide Coach	60 mins	⊕ ⊕ ⊕ ⊕
17:30 -- Studio Cycle	45 mins	⊕ ⊕ ⊕ ⊕
18:00 -- Body Balance	60 mins	⊕ ⊕ ⊕ ⊕
18:00 -- Bootcamp	60 mins	⊕ ⊕ ⊕ ⊕
18:30 -- Aquafit	45 mins	⊕ ⊕ ⊕ ⊕
19:00 -- Abs (Abs Blast)	30 mins	⊕ ⊕ ⊕ ⊕
19:30 -- Body Combat	45 mins	⊕ ⊕ ⊕ ⊕

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19:30 -- Bootie Camp	30 mins	
20:00 -- Studio Cycle	45 mins	★ ★ ★ ★

Thursday 28 Feb 2019	Duration	Intensity Level
07:15 -- MyRide Tour	35 mins	★ ★ ★ ★
09:15 -- Body Balance	60 mins	★ ★ ★ ★
09:30 -- Aqua Zumba	45 mins	★ ★ ★ ★
10:30 -- Metafit	30 mins	★ ★ ★ ★
14:00 -- MyRide Tour XP	35 mins	★ ★ ★ ★
14:00 -- Pilates	60 mins	★ ★ ★ ★
15:30 -- Junior Gym	90 mins	★ ★ ★ ★
16:00 -- Dance Fitness (Teen Dance Aerobics)	60 mins	★ ★ ★ ★
17:55 -- Strength and Conditioning	60 mins	★ ★ ★ ★
17:55 -- Total Tone	60 mins	★ ★ ★ ★
18:00 -- Studio Cycle	45 mins	★ ★ ★ ★
19:00 -- Yoga	60 mins	★ ★ ★ ★
19:30 -- MyRide Tour (EXPRESS CLASS)	35 mins	★ ★ ★ ★

Friday 01 Mar 2019	Duration	Intensity Level
07:15 -- MyRide Coach XP	30 mins	★ ★ ★ ★
09:15 -- Aquafit	45 mins	★ ★ ★ ★
09:30 -- Body Pump	60 mins	★ ★ ★ ★
10:30 -- Agewell Circuits	60 mins	★ ★ ★ ★
12:00 -- HTK	30 mins	★ ★ ★ ★
12:35 -- MyRide Tour XP	35 mins	★ ★ ★ ★
16:30 -- MyRide Tour	60 mins	★ ★ ★ ★
16:45 -- Aerobics Blast (Aerobic Power and Plyometrics)	35 mins <b>NEW</b>	★ ★ ★ ★
17:30 -- Body Combat	60 mins	★ ★ ★ ★
18:30 -- MyRide Studio	60 mins	★ ★ ★ ★
18:45 -- Zumba	60 mins	★ ★ ★ ★

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<b>Saturday 02 Mar 2019</b>	<b>Duration</b>	<b>Intensity Level</b>
09:00 -- Studio Cycle	45 mins	☆☆☆☆
10:00 -- Body Combat	60 mins	☆☆☆☆
11:30 -- MyRide Coach XP	35 mins	☆☆☆☆
16:00 -- MyRide Tour	60 mins	☆☆☆☆

<b>Sunday 03 Mar 2019</b>	<b>Duration</b>	<b>Intensity Level</b>
09:25 -- Studio Cycle	45 mins	☆☆☆☆
10:20 -- Yoga	60 mins	☆☆☆☆
16:15 -- MyRide Tour (EXPRESS CLASS)	35 mins	☆☆☆☆
17:00 -- Body Pump	60 mins	☆☆☆☆
17:15 -- Aquafit	45 mins	☆☆☆☆
18:00 -- Body Combat	60 mins	☆☆☆☆

<b>Monday 04 Mar 2019</b>	<b>Duration</b>	<b>Intensity Level</b>
07:15 -- MyRide Tour	35 mins	☆☆☆☆
09:15 -- Body Balance	60 mins	☆☆☆☆
10:15 -- Total Tone	60 mins	☆☆☆☆
10:15 -- Zumba	60 mins	☆☆☆☆
11:15 -- Agewell	60 mins	☆☆☆☆
11:45 -- Functional Training	30 mins	☆☆☆☆
12:30 -- Express Studio Cycle	30 mins	☆☆☆☆
17:30 -- Functional Training	30 mins	☆☆☆☆
18:00 -- Climb Fit	60 mins	☆☆☆☆
18:00 -- Studio Cycle	45 mins	☆☆☆☆
18:00 -- HTK	45 mins	☆☆☆☆
19:00 -- Body Pump	60 mins	☆☆☆☆
19:00 -- Climb Fit	60 mins	☆☆☆☆

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Whilst we make every effort for classes to be covered, there may be occasions where we have no option but to offer an alternative class due to instructor availability.

19:00 -- Clubbercise	60 mins	★ ★ ★ ★
19:00 -- MyRide Tour	60 mins	★ ★ ★ ★
20:00 -- Body Balance	60 mins	★ ★ ★ ★

Tuesday 05 Mar 2019	Duration	Intensity Level
07:15 -- MyRide Studio	35 mins	★ ★ ★ ★
09:30 -- Aquafit	45 mins	★ ★ ★ ★
09:30 -- Body Blast	60 mins	★ ★ ★ ★
11:00 -- Pilates	60 mins	★ ★ ★ ★
12:00 -- Functional Training	30 mins	★ ★ ★ ★
12:15 -- MyRide Tour XP	35 mins	★ ★ ★ ★
17:30 -- Studio Cycle	45 mins	★ ★ ★ ★
17:45 -- Metafit	30 mins	★ ★ ★ ★
18:25 -- Body Pump	60 mins	★ ★ ★ ★
19:00 -- Boxfit (Gentle Circuit)	60 mins	★ ★ ★ ★
19:00 -- MyRide Tour	60 mins	★ ★ ★ ★
19:30 -- Dance Fitness (Dance Aerobics)	60 mins	★ ★ ★ ★

Wednesday 06 Mar 2019	Duration	Intensity Level
07:15 -- MyRide Tour XP	30 mins	★ ★ ★ ★
09:00 -- Functional Training	45 mins	★ ★ ★ ★
10:00 -- Spinning	45 mins	★ ★ ★ ★
10:00 -- Zumba	60 mins	★ ★ ★ ★
11:00 -- Agewell	60 mins	★ ★ ★ ★
12:35 -- MyRide Coach XP	35 mins	★ ★ ★ ★
14:00 -- Kettlebells	45 mins	★ ★ ★ ★
14:00 -- MyRide Coach	60 mins	★ ★ ★ ★
17:30 -- Studio Cycle	45 mins	★ ★ ★ ★
18:00 -- Body Balance	60 mins	★ ★ ★ ★

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Whilst we make every effort for classes to be covered, there may be occasions where we have no option but to offer an alternative class due to instructor availability.

18:00 -- Bootcamp	60 mins	
18:30 -- Aquafit	45 mins	
19:00 -- Abs (Abs Blast)	30 mins	
19:30 -- Body Combat	45 mins	
19:30 -- Bootie Camp	30 mins	
20:00 -- Studio Cycle	45 mins	

Thursday 07 Mar 2019	Duration	Intensity Level
07:15 -- MyRide Tour	35 mins	
09:15 -- Body Balance	60 mins	
09:30 -- Aqua Zumba	45 mins	
10:30 -- Metafit	30 mins	
14:00 -- MyRide Tour XP	35 mins	
14:00 -- Pilates	60 mins	
15:30 -- Junior Gym	90 mins	
16:00 -- Dance Fitness (Teen Dance Aerobics)	60 mins	
17:55 -- Strength and Conditioning	60 mins	
17:55 -- Total Tone	60 mins	
18:00 -- Studio Cycle	45 mins	
19:00 -- Yoga	60 mins	
19:30 -- MyRide Tour (EXPRESS CLASS)	35 mins	

Friday 08 Mar 2019	Duration	Intensity Level
07:15 -- MyRide Coach XP	30 mins	
09:15 -- Aquafit	45 mins	
09:30 -- Body Pump	60 mins	
10:30 -- Agewell Circuits	60 mins	
12:35 -- MyRide Tour XP	35 mins	
16:30 -- MyRide Tour	60 mins	

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Whilst we make every effort for classes to be covered, there may be occasions where we have no option but to offer an alternative class due to instructor availability.

16:45 -- Aerobics Blast (Aerobic Power and Plyometrics)	35 mins <b>NEW</b>	
17:30 -- Body Combat	60 mins	
18:30 -- MyRide Studio	60 mins	
18:45 -- Zumba	60 mins	

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<b>Saturday 09 Mar 2019</b>	<b>Duration</b>	<b>Intensity Level</b>
09:00 -- Studio Cycle	45 mins	
10:00 -- Body Combat	60 mins	
11:30 -- MyRide Coach XP	35 mins	
16:00 -- MyRide Tour	60 mins	

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<b>Sunday 10 Mar 2019</b>	<b>Duration</b>	<b>Intensity Level</b>
09:25 -- Studio Cycle	45 mins	
10:20 -- Yoga	60 mins	
16:15 -- MyRide Tour (EXPRESS CLASS)	35 mins	
17:00 -- Body Pump	60 mins	
17:15 -- Aquafit	45 mins	
18:00 -- Body Combat	60 mins	

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