

Monday 21 Jan 2019	Duration	Intensity Level
07:30 -- Bootcamp	55 mins	⊕ ⊕ ⊕ ⊕
08:30 -- Functional Training	30 mins	⊕ ⊕ ⊕ ⊕
08:45 -- Studio Cycle	45 mins	⊕ ⊕ ⊕ ⊕
09:30 -- Aquafit	55 mins	⊕ ⊕ ⊕ ⊕
09:30 -- Body Combat	60 mins	⊕ ⊕ ⊕ ⊕
10:00 -- Functional Training	30 mins	⊕ ⊕ ⊕ ⊕
10:30 -- Body Pump	60 mins	⊕ ⊕ ⊕ ⊕
16:00 -- Functional Training	30 mins	⊕ ⊕ ⊕ ⊕
17:30 -- HITT	30 mins	⊕ ⊕ ⊕ ⊕
18:00 -- Body Pump	55 mins	⊕ ⊕ ⊕ ⊕
18:30 -- Functional Training	30 mins	⊕ ⊕ ⊕ ⊕

Tuesday 22 Jan 2019	Duration	Intensity Level
07:45 -- Studio Cycle	45 mins	⊕ ⊕ ⊕ ⊕
08:30 -- Functional Training	30 mins	⊕ ⊕ ⊕ ⊕
08:30 -- Pilates	60 mins	⊕ ⊕ ⊕ ⊕
09:30 -- Aerobics	55 mins	⊕ ⊕ ⊕ ⊕
09:30 -- Zumba	55 mins	⊕ ⊕ ⊕ ⊕
10:00 -- Functional Training	30 mins	⊕ ⊕ ⊕ ⊕
10:30 -- Pilates	60 mins	⊕ ⊕ ⊕ ⊕
16:00 -- Functional Training	30 mins	⊕ ⊕ ⊕ ⊕
16:30 -- Functional Training	30 mins	⊕ ⊕ ⊕ ⊕
18:00 -- Bootcamp	60 mins	⊕ ⊕ ⊕ ⊕
19:00 -- Functional Training	30 mins	⊕ ⊕ ⊕ ⊕
19:00 -- Spinning	60 mins	⊕ ⊕ ⊕ ⊕

This timetable is current as of 18/01/2019. Activities and schedules subject to change.

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.

Wednesday 23 Jan 2019	Duration	Intensity Level
08:30 -- Studio Cycle	45 mins	☆☆☆☆
09:15 -- Aquafit	55 mins	☆☆☆☆
09:15 -- Functional Training	30 mins	☆☆☆☆
09:16 -- Body Conditioning	28 mins	☆☆☆☆
09:45 -- Barbell	45 mins	☆☆☆☆
09:45 -- Functional Training	30 mins	☆☆☆☆
10:30 -- Yoga	90 mins	☆☆☆☆
17:30 -- Functional Training	30 mins	☆☆☆☆
18:00 -- Body Combat	55 mins	☆☆☆☆
19:00 -- Body Pump	55 mins	☆☆☆☆
20:00 -- Functional Training	30 mins	☆☆☆☆

Thursday 24 Jan 2019	Duration	Intensity Level
07:30 -- Spinning	45 mins	☆☆☆☆
08:15 -- Abs	15 mins	☆☆☆☆
09:15 -- Body Attack	45 mins	☆☆☆☆
09:30 -- Functional Training	30 mins	☆☆☆☆
10:00 -- Body Balance	60 mins	☆☆☆☆
10:00 -- Kettlebells	30 mins	☆☆☆☆
15:30 -- Functional Training	30 mins	☆☆☆☆
17:30 -- Functional Training	30 mins	☆☆☆☆
17:45 -- Studio Cycle	45 mins	☆☆☆☆
18:30 -- Kettlebells	30 mins	☆☆☆☆
19:00 -- Bootcamp	60 mins	☆☆☆☆
19:30 -- Functional Training	30 mins	☆☆☆☆

Friday 25 Jan 2019	Duration	Intensity Level
08:30 -- Studio Cycle	45 mins	☆☆☆☆

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09:15 -- Spinning	45 mins	
09:30 -- Functional Training	30 mins	⊛ ⊛ ⊛ ⊛
10:00 -- Body Pump	55 mins	⊛ ⊛ ⊛ ⊛
10:00 -- Functional Training	30 mins	⊛ ⊛ ⊛ ⊛
11:00 -- Young @ Heart	55 mins	⊛ ⊛ ⊛ ⊛
16:00 -- Functional Training	30 mins	⊛ ⊛ ⊛ ⊛
18:00 -- Functional Training	30 mins	⊛ ⊛ ⊛ ⊛

Saturday 26 Jan 2019	Duration	Intensity Level
09:00 -- Studio Cycle	45 mins	⊛ ⊛ ⊛ ⊛
10:00 -- GRIT Strength	30 mins	⊛ ⊛ ⊛ ⊛
10:30 -- Body Pump	55 mins	⊛ ⊛ ⊛ ⊛
10:30 -- Functional Training	30 mins	⊛ ⊛ ⊛ ⊛
14:00 -- Functional Training	30 mins	⊛ ⊛ ⊛ ⊛

Sunday 27 Jan 2019	Duration	Intensity Level
09:00 -- Functional Training	30 mins	⊛ ⊛ ⊛ ⊛
09:30 -- Body Combat	60 mins	⊛ ⊛ ⊛ ⊛
11:00 -- Functional Training	30 mins	⊛ ⊛ ⊛ ⊛

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