

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
07:00	HIIT 07:15 - 07:45		HIIT 07:15 - 07:45				Virtual Requests 08:00 - 15:00
				Spinnercise 09:00 - 09:45		Bootcamp 09:00 - 09:45	
			All Level Fitness 10:00 - 10:45	Yoga 10:00 - 11:00	All Level Fitness 10:00 - 10:45	Pound 10:00 - 10:45	
11:00	Mummy and Me 11:00 - 12:00				HIIT		
17:00	Boogie Bounce 17:30 - 18:15	Body Bar30 17:30 - 18:00	Core30 17:30 - 18:00	HIIT 17:30 - 18:00	Kettlebells 17:30 - 18:00		
18:00	HIIT Step 18:30 - 19:00	Spin 18:15 - 18:45	Body Bar 18:15 - 18:45	Pound 18:15 - 19:00	Spin 18:15 - 19:00		
19:00	Boogie Bounce 19:15 - 20:00	Pound 19:00 - 19:45	Spin 19:00 - 19:30	Spin 19:15 - 20:00			
20:00		TRX 20:00 - 20:30	Yoga 19:45 - 20:45				



2021 TIMETABLE

Classes are subject to change at short notice but every attempt will be made to stay upto date with the timetable.