

# AUTUM/WINTER CLASS TIMETABLE

- Classes Only Membership: £40 per month
- All Inclusive Membership: £47 per month
- Pay As You Go: £10 per class

SEPT - DEC 24

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
0615 -0700 SPRINT CYCLE	0600-0700 BOOTCAMP	0615-0700 LBT	0615-0700 HYBRID	0615-0700 LOAD & LIFT	0815-0900 HYBRID	0915-1000 HYBRID
0715-0800 YOGA	0615-0700 REPS	0715-0800 YOGA	0715-0745 TABATA	0700-0730 CORE	0900-1000 YOGA	1015-1100 SPRINT CYCLE
0915-1000 BOOTCAMP	0715-0745 TABATA	0915-1000 FIRST FITNESS	0915-1000 LBT	0915-1000 HYBRID	1015-1100 SPRINT CYCLE	1130-1200 STRETCH
0915-1000 FIRST FITNESS	0915-1000 PUMPED	0915-1000 SPRINT CYCLE	0930-1015 YOGA	1015-1115 YOGA		
1015-1115 YOGA	1015-1100 STRENGTH & STABILITY	1015-1100 HYBRID	1015-1100 REPS	1115-1145 TABATA		
1115-1215 PILATES	1015-1115 YOGA	1100-1130 CORE	1015-1115 PILATES	1215-1245 LBT		
1215-1245 HIIT	1100-1130 CORE	1215-1245 TABATA	1215-1245 BOXFIT	1745-1830 SELF DEFENCE		
1630-1715 YOUTH CIRCUIT	1115-1200 POST-NATAL CIRCUITS	1630-1715 YOUTH LIFT	1745-1830 ZUMBA	1845-1915 STRENGTH & STABILITY		
1745-1830 BODY BLAST	1215-1245 SPRINT CYCLE	1745-1830 LOAD & LIFT	1830-1930 BOOTCAMP			
1830-1915 SPRINT CYCLE	1745-1830 HYBRID	1845-1930 DANCE FITNESS	1830-1930 YOGA			
1930-2030 PILATES	1830-1930 YOGA	1900-2000 BOOTCAMP	1930-2030 PILATES		STUDIO	GYM FLOOR
	1945-2030 LBT	1930-2030 YOGA			OUTSIDE	SPIN STUDIO