

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
07:00	HIIT 07:15 - 07:45		HIIT 07:15 - 07:45			Bootcamp 08:00 - 08:45	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 & Me 11:15 - 12:00	HIIT		
17:00	Tone30 17:00 - 17:30						
	Boogie Bounce 17:45 - 18:30	Body Bar30 17:30 - 18:00	Core30 17:30 - 18:00	HIIT 17:30 - 18:00	Kettlebells 17:30 - 18:00		
18:00		Spin 18:15 - 18:45	Body Bar 18:15 - 18:45	Pound 18:15 - 19:00	Spin 18:15 - 19:00		
	Boogie Bounce 18:45 - 19:30	Pound 19:00 - 19:45	Spin 19:00 - 19:30		TRX 19:00 - 19:30		
19:00				Spin 19:15 - 20:00			
20:00	Bootcamp 19:45 - 20:30	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.