

# SPRING TIMETABLE

STARTS MONDAY 2 OCTOBER



## GROUP FITNESS STUDIO

Mon	Tue	Wed	Thu	Fri	Sat	Sun
6:30 > 7:15 <b>ExoCircuit</b>						
9:30 > 10:25 <b>Power</b>		9:30 > 10:25 <b>Pilates (Core)</b>	9:30 > 10:15 <b>ExoCircuit</b>		9:30 > 10:15 <b>Box 45</b>	
					10:30 > 11:25 <b>Power</b>	
	12:15 > 12:45 <b>HIIT30</b>	12:15 > 12:45 <b>Box 30</b>	12:15 > 12:45 <b>Tabata</b>	12:15 > 1:00 <b>ExoCircuit</b>		
4:30 > 5:15 <b>ExoCircuit</b>	4:30 > 5:15 <b>HIIT45</b>	4:30 > 5:15 <b>HIIT45</b>				
5:30 > 6:25 <b>ExoStep</b>	5:30 > 6:25 <b>Zumba</b>	5:30 > 6:15 <b>HIIT45</b>	5:30 > 6:25 <b>Power</b>			
6:30 > 7:25 <b>Power</b>	6:30 > 7:15 <b>HIIT45</b>	6:30 > 7:25 <b>Power</b>				
7:30 > 7:50 <b>Abs Blast</b>		7:30 > 7:50 <b>Abs Blast</b>				

## TOP RIDE STUDIO

Mon	Tue	Wed	Thu	Fri	Sat	Sun
	6:15 > 7:10 <b>Top Ride</b>	6:15 > 7:10 <b>Top Ride</b>		6:15 > 7:10 <b>Top Ride</b>		
					8:30 > 9:25 <b>Top Ride</b>	
						9:30 > 10:25 <b>Top Ride</b>
5:45 > 6:15 <b>Top Ride</b>	5:45 > 6:40 <b>Top Ride</b>		5:45 > 6:40 <b>Top Ride</b>			

## MIND & BODY STUDIO

Mon	Tue	Wed	Thu	Fri	Sat	Sun
					9:30 > 10:25 <b>Pilates</b>	9:30 > 10:25 <b>Yoga</b>
					10:30 > 11:25 <b>Yoga</b>	
12:15 > 1:00 <b>Yoga</b>						
5:30 > 6:25 <b>Pilates</b>	5:30 > 6:25 <b>Yoga Beginners</b>	5:30 > 6:25 <b>Pilates</b>	5:30 > 6:25 <b>Yoga</b>			
6:30 > 7:25 <b>Yoga</b>	6:30 > 7:25 <b>Yoga</b>					

