



GROUP FITNESS TIMETABLE

GROUP FITNESS STUDIO

Mon	Tue	Wed	Thu	Fri	Sat	Sun
6:30 > 7:15 ExoCircuit						
9:30 > 10:25 Pump	9:30 > 10:15 HIIT45	9:30 > 9:50 Abs Blast	9:30 > 10:15 ExoCircuit		9:30 > 10:15 Box 45	
					10:30 > 11:15 Tabata	10:30 > 11:15 HIIT45
	12:15 > 12:45 HIIT30		12:15 > 12:45 Tabata	12:15 > 1:00 ExoCircuit		
		12:30 > 12:50 Abs Blast				
5:00 > 5:30 HIIT30	5:00 > 5:30 Tabata	5:00 > 5:30 HIIT30	5:00 > 5:30 HIIT30			
5:45 > 6:25 ExoStep	5:45 > 6:40 DanceFit	5:45 > 6:25 HIIT45	5:45 > 6:40 Pump			
6:30 > 7:25 Pump		6:30 > 7:25 Pump				
	6:45 > 7:15 HIIT30					
7:30 > 7:50 Abs Blast		7:30 > 7:50 Abs Blast				

TOP RIDE STUDIO

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

MIND & BODY STUDIO

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

