

GROUP CLASS TIMETABLE

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

SUNDAY

06:30 | 45MINS
BOOTCAMP

06:15 | 45MINS
SPIN

06:30 | 45MINS
HIIT

06:15 | 45MINS
POWER
(GET HYROX READY!)

06:15 | 45MINS
SPIN

09:30 | 1HR
PILATES

09:45 | 1HR
YOGA

08:15 | 1HR
PILATES

09:30 | 45MINS
BOXFIT

09:15 | 45MINS
METAFIT

10:45 | 45MINS
YOGA

13:30 | 1HR
GLUTE BLAST
LEGS,BUMS,TUMS

17:30 | 45MINS
SPIN

18:15 | 1HR
DANCE-FIT

18:15 | 1HR
SPIN

18:30 | 45MINS
BOXFIT

18:30 | 45MINS
HIIT

18:30 | 45MINS
FUNCTIONAL FIT

18:30 | 45MINS
STRENGTH
CIRCUIT

18:30 | 1HR
DANCE FIT

18:30 | 45MINS
STRENGTH
CIRCUIT

19:15 | 1HR
PILATES

19:30 | 1HR
YOGA

19:30 | 1:30HR
YOGA

19:30 | 1HR
PILATES