

NEW Timetable from 10th Oct 2022

Group Exercise Timetable

Monday

360 Rig - 07:15-08:00 - Gym
'WOW' - 12:30 - 13:00 -Gym
Box-Fit - 17:30-18:15 - Stu 2
Body Pump - 18:30 - 19:15 - Stu 2

Tuesday

Spin - 07:15-08:00 - Studio 3
TRX - 12:30-13:00 - Performance Zone
HIIT - 17:30 -18:15 - Stu 2
Yoga - 18:30-19:15 - Stu 3

Wednesday

Bootcamp - 07:15-08:00 - Astro
360 Rig - 12:30-13:00 - Gym
Body Pump - 17:30-18:15 - Stu 2
Aerobics - 17:30 - 18:15 Stu 3
Spin - 18:30-19:15 - Stu 3

Thursday

Box-Fit - 07:15-08:00 - Stu 2
TRX - 12:30-13:00 - Performance Zone
Body Pump - 17:30-18:15 -Stu 2
Body Combat - 18:30-19:15 - Stu 3
Pilates - 19:15 - 20:00 Stu 3

Friday

Spin - 07:15-08:00 - Studio 3
Fabulass Bootcamp - 12:30 - 13:00 Gym
Body Combat - 17:30 - 18:15 Studio 3

Saturday

Bootcamp - 9:30am - 10:15am - Gym

Sunday

Yoga 10am - 10:45am - Stu 3