

Class Timetable

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY							
MORNING 6am - 12pm	06:15 - 07:00 Spin Studio	SPIN Graham	06:15 - 07:00 Main Studio	HIIT CIRCUITS Chaz	06:15 - 07:00 Spin Studio	SPIN Graham	06:15 - 07:00 RIG	CIRCUITS Zane	06:15 - 07:00 Spin Studio	SPIN Graham	08:30 - 09:15 Spin Studio	SPIN Graham	09:00 - 09:45 RIG	BOOTCAMP Zane
	09:30 - 10:00 Main Studio	METAFIT Tina	09:30 - 10:15 RIG	CIRCUITS Zane	09:30 - 10:15 RIG	CIRCUITS Zane	09:30 - 10:15 Main Studio	BODY ATTACK Olga	07:15 - 08:00 Spin Studio	SPIN Kurt	09:30 - 10:15 Main Studio	STEP Marc	10:00 - 10:30 Main Studio	METAFIT ZANE
	10:15 - 11:00 Main Studio	BODY PUMP Tina					10:15 - 11:00 Main Studio	BODY PUMP Olga	09:30 - 10:30 Main Studio	BODY COMBAT Olga				
							10:30 - 11:30 Main Studio	YOGA Crissi						
MIDDAY 12pm - 5pm	12:00 - 12:45 Spin Studio	SPIN Kurt												
EVENING 5pm - 10pm	17:45 - 18:30 Main Studio	BODY COMBAT Mat	17:30 - 18:15 Main studio	BODY PUMP Dawn	17:30 - 18:15 Main Studio	BODY COMBAT Mat	18:00 - 18:45 Main Studio	L B T Jarad	17:30 - 18:15 Spin Studio	SPIN Graham				
	18:00 - 18:45 Spin Studio	SPIN Graham	18:00 - 18:45 Spin studio	SPIN Graham	18:00 - 18:45 Spin Studio	SPIN Graham	18:00 - 18:45 Spin Studio	SPIN Kurt						
	18:30 - 19:15 Main Studio	BODY PUMP Mat	18:15 - 19:00 Main Studio	BODY COMBAT Dawn	18:15 - 19:00 Main Studio	BODY PUMP Mat	18:45 - 19:30 Main Studio	PILATES Sam						
			19:00 - 20:00 Main Studio	YOGA Gary	19:05 - 19:50 Main Studio	ZUMBA Marc								

- Interval
- Cardio
- Strength and Conditioning
- Mind and Body

CLASSES OPERATE ON A FIRST COME FIRST SERVED BASIS. PLEASE ENSURE YOU TURN U P ON TIME OR YOU MAY BE REFUSED ENTRY. THIS TIMETABLE MAY BE SUBJECT TO CHANGE.

LES MILLS
BODYATTACK

LES MILLS
BODYCOMBAT

LES MILLS
BODYPUMP metafit™