

17th June- 6th July Timetable

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Gym Hours
6:00am	Start Strong (40mins)	StrengthX (40mins)	Bootcamp (40 mins)	(40 mins)	Circuits (40 mins)			Monday - Thursday 7am - 10pm
								Friday 7am - 9pm
9:30am	Back to Retro Music 9.20am (30mins)	Kettlebell Flow 9.20am (40mins)	Back to Retro Music 9.20am (30mins)	Spin (30mins)	Circuits (50mins)			Saturday 9am - 6pm
10am	Spin (30mins)	Spin (30mins)	Upper Body Blast (30mins)	Bootcamp (40 mins)	Spin 10.30am (30mins)	StrengthCon (45mins)	Coaches Choice (45mins)	Sunday 9am - 5pm
10:30am	Pilates and Core (30 mins)		Pilates and Core (40 mins)			Spin 10.50am (40mins)	10.50am (40mins)	
1:15pm	Bodyblast (30mins)		Spin (30mins)		Bodyblast (30mins)			
6pm	Spin (30min)	Ball with Cathy (30mins)			Bums Legs and Tums (30mins)			
6:30pm	Bootcamp (40min)	Spin (30mins)	Spin (30mins)	Ball with Cathy (30mins)				
7:00pm			Strength (45mins)	Bootcamp (40 mins)				
7:45pm			DanceFit with Cathy (30mins)					
Class intensity guide	Spin in Yellow	Open to all levels in Purple	Intermediate level in orange	Advanced level in Red	Low intensity in Green			
<p>Please ensure to sign in with reception when using the gym. Booking is essential for all classes, in some cases we have a finite amount of equipment don't step into the class if it is full and you don't have a place without talking to the instructor they more than likely will have something else you can do for the session. *Subject to change*</p>								



SCAN FOR TIMETABLE, PERSONAL TRAINING & SOCIAL MEDIA UPDATES

