

17th June- 6th July Timetable									
Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Gym Hours	
6:00am	Part Strong (40mins)	StrengthX (40mins)	Bootcamp (40 mins)	(40 mins)	Circuits (40 mins)			Monday - Thursday	7am - 10pm
								Friday	7am - 9pm
9:30am	se to Retro Music 9.20am (30mins)	Kettlebell Flow 9.20 am (40mins)	se 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)	n 10.30am (30mins)	StrengthCon (45mins)	Coaches Choice (45mins)	Sunday	9am - 5pm
10:30am	Pilates and Core (30 mins)		Pilates and Core (40 mins)			n 10.50am (40mins)	10.50am (40mins)		
1:15pm	Bodyblast (30mins)		Spin (30mins)		Bodyblast (30mins)				
6pm	Spin (30min)	all 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				
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"									



SCAN FOR TIMETABLE,
PERSONAL TRAINING & SOCIAL
MEDIA UPDATES

