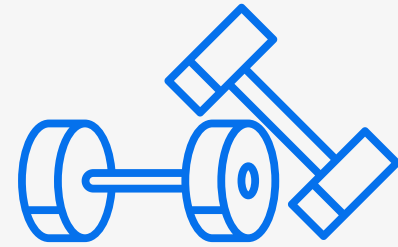




GYM CLASS SCHEDULE

NOV 10TH-16TH 2025



TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
06:00AM	Bootcamp	STRENGTH X	STRONG	BUMS & TUMS	CIRCUITS & MOBILITY		
09:20AM	RETRO EXERCISE	KETTLEBELLS	RETRO EXERCISE	SPIN	CIRCUITS		
10:00AM	SPIN	SPIN	UPPER BODY BLAST	BOOTCAMP		STRENGTH & CONDITIONING	COACHES CHOICE
10:30AM	PILATES		PILATES		SPIN		
11:00AM						SPIN	MOBILITY
01:15PM	BOOTCAMP		SPIN		HIIT		
06:00PM	SPIN	FITBALL WITH CATHY	SPIN	SPIN	BOOTCAMP		
06:35PM	BOOTCAMP	STRENGTH & CONDITIONING	STRENGTH	BOOTCAMP			
07:15PM	SMALL GROUP	HYROX	SMALL GROUP	HYROX			

-  INDICATES 30 MIN CLASS  ADDITIONAL SERVICE
-  INDICATES 40/45 MIN CLASS Subject to change

OPENING HOURS

6AM OPEN ONLY FOR CLASSES

MON-THURS 7AM-10PM

FRI 7AM-9PM

SAT & SUN:8AM-5PM

BANK HOLIDAYS

10AM-4PM

Note there are no classes on bank holidays