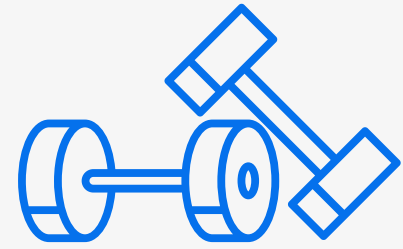




GYM CLASS SCHEDULE

SEPTEMBER 1ST - 15TH 2025



TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
06:00AM	START STRONG	STRENGTH X	BOOTCAMP	BODY BLAST	CIRCUITS		
09:20AM	9:20 RETRO EXERCISE	9:20 KETTLEBELL FLOW	9:20 RETRO EXERCISE				
09:30 AM				SPIN	CIRCUITS		
10:00AM	SPIN	SPIN	UPPER BODY BLAST	BOOTCAMP		Mobility	Mobility
10:30AM	PILATES AND CORE		PILATES AND CORE		SPIN	STRENGTH & CONDITIONING	COACHES CHOICE
11:00AM						SPIN	SPIN
01:15PM	BODYBLAST		SPIN		BODYBLAST		
06:00PM	SPIN	FITBALL WITH CATHY	SPIN	FITBALL WITH CATHY	BUMS, LEGS & TUMS		
06:30PM	BOOTCAMP	SPIN	STRENGTH	BOOTCAMP			
07:00PM	SMALL GROUP		SMALL GROUP				

-  INDICATES 30 MIN CLASS  ADDITIONAL SERVICE
-  INDICATES 40 MIN CLASS Time is 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