


November 18th - November 24th

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Gym Hours	
6:00am	Spin (40mins)	StrengthX (40mins)	Bootcamp (40 mins)	Mobility & Abs (40mins)	Circuits (40 mins)			Monday - Thursday	7am - 10pm
9:30am	Exercise to Retro Music 9.20am (30mins)	Kettlebell Flow 9.20am (40mins)	Exercise to Retro Music 9.20am (30mins)	Spin (30mins)	Circuits (50mins)			Friday	7am - 9pm
10am	Spin (30mins)	Spin (30mins)	Upper Body Blast (30mins)	Bootcamp (40 mins)		StrengthCon (45mins)	Coaches Choice (45mins)	Saturday	9am - 6pm
10:30am	Pilates and Core (40 mins)		Pilates and Core (40 mins)		Spin (30mins)			Sunday	9am - 5pm
10:50am						Spin 10.50am (40mins)	Spin 10.50am (40mins)	<p>SCAN FOR TIMETABLE, PERSONAL TRAINING & SOCIAL MEDIA UPDATES</p> 	
1:15pm	Bodyblast (30mins)		Spin (30mins)		Bodyblast (30mins)				
6:00 pm	Mobility (30mins)				BLT Bums Legs & Tums (30mins)				
6:30pm	Spin (30min)	Fitball with Cathy (30mins)	Spin (30mins)	Fitball with Cathy (30mins)					
7:00pm	Bootcamp (40 mins)	Spin (40mins)	Strength with Roma (45mins)	Bootcamp (40 mins)					
7:45pm				Spin (30min)					
<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</p>									