

January 6th - 12th of January

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Gym Hours	
6:00am	Start Strong (40mins)	StrengthX (40mins)	Bootcamp (40 mins)	Mobility & Abs (40mins)	Circuits (40 mins)			Monday - Thursday	7am - 10pm
								Friday	7am - 9pm
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)			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 (40 mins)		Pilates and Core (40 mins)			Spin 10.50am (40mins)	Spin 10.50am (40mins)		
1:15pm	Bodyblast (30mins)		Spin (30mins)		Bodyblast (30mins)				
6pm	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		TRX & Bells (30mins)	DanceFit with Cathy (30mins)	Spin (30min)					
Class intensity guide	Spin in Yellow	Open to all levels in Purple	Intermediate level in orange	Advanced level in Red	Low intensity in Green				



SCAN FOR TIMETABLE, PERSONAL TRAINING & SOCIAL MEDIA UPDATES



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