

CLASS TIMETABLE



		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
MORNINGS	6:00 - 12:00	6:30 - 7:00 STUDIO CIRCUITS SHARON	6:15 - 6:45 SPIN STUDIO SPIN BEN	6:30 - 7:00 STUDIO CIRCUITS ELEANOR	6:15 - 6:45 SPIN STUDIO HIIT BEN	6:30 - 7:00 STUDIO BOXERCISE ELEANOR	8:45 - 9:30 STUDIO X-FIT DARREN	11:00 - 11:45 STUDIO PILATES ALISON
		7:00 - 7:15 STUDIO ABS SHARON	6:45 - 7:15 SPIN STUDIO BOXERCISE BEN	7:00 - 7:15 STUDIO ABS ELEANOR	6:45 - 7:15 SPIN STUDIO SPIN BEN	7:00 - 7:15 STUDIO ABS ELEANOR	9:30 - 10:00 STUDIO BOX-FIT DARREN	
		9:30 - 10:15 STUDIO PUMP ORSI	9:30 - 10:15 STUDIO COMBAT ORSI	9:30 - 10:15 SPIN STUDIO SPIN ORSI	9:30 - 10:00 STUDIO BARBELL SHRED ELEANOR	9:30 - 10:15 STUDIO COLUMBIAN HEAT - NATALIE	10:05 - 10:50 STUDIO PUMP SARAH C	
		10:15 - 11:00 FUNCTIONAL SIZE DROPPERS JOSH	10:15 - 11:00 STUDIO LBT ORSI	9:30 - 10:15 STUDIO DANCER FIT NATALIE	10:00 - 10:30 STUDIO BOOTY BUILDER ELEANOR	10:30 - 11:15 STUDIO SWEATY MAMA CARLA	11:00 - 11:45 STUDIO ALL ATTACK SARAH	
			10:15 - 11:00 STUDIO TONE ORSI					
DAY TIME	12:00 - 17:00		16:15 - 17:15 STUDIO TECH MASTER MARTIAL ARTS		16:15 - 17:15 STUDIO TECH MASTER MARTIAL ARTS			
EVENINGS	17:00 - 22:00	17:30 - 18:15 FUNCTIONAL X-FIT DARREN	17:30 - 18:00 STUDIO BARBELL SHRED ELEANOR	17:30 - 18:15 STUDIO ZUMBA SARAH C	17:30 - 18:15 STUDIO X-FIT DARREN	TECH MASTER MARTIAL ARTS		
		18:30 - 19:15 FUNCTIONAL LADIES KICKBOX DARREN	17:30 - 18:00 SPIN STUDIO SPIN BEN	18:20 - 19:05 STUDIO ATTACK SARAH	17:45 - 18:15 SPIN STUDIO SPIN ORSI			
		17:30 - 18:15 STUDIO STEP SARAH C	18:00 - 18:30 STUDIO BOOTY BUILDER ELEANOR	18:15 - 19:00 SPIN STUDIO SPIN ORSI	18:15 - 18:45 SPIN STUDIO SPIN ORSI			
		18:20 - 19:05 STUDIO PUMP SARAH	18:45 - 19:30 STUDIO PILATES ALISON		18:45 - 19:30 STUDIO PUMP ORSI			
		19:30 - 21:00 STUDIO TECH MASTER MARTIAL ARTS		19:30 - 21:00 STUDIO TECH MASTER MARTIAL ARTS				

- CARDIO
- MIND/BODY
- CORE
- INTERVAL
- STRENGTH
- DANCE
- TONE
- INDUCTION

CLASSES CAN BE BOOKED 14 DAYS IN ADVANCE VIA THE ALLGYM APP.