



FITNESS TIMETABLE



FULL MEMBERSHIP (INCLUDES ALL FITNESS CLASSES)			
DAY	CLASS	TIME	LENGTH
MONDAY	CIRCUITS	6:00AM - 6:45AM	45 MINS
	PUMP AND CORE	7:00AM - 7:45AM	45 MINS
	AQUA	11:00AM - 11:45AM	45 MINS
	SPIN	7:00PM - 7:45PM	45 MINS
	S & C AND CORE	7:45PM - 8:30PM	45 MINS
TUESDAY	TREAD & SHED	6:00AM - 6:30AM	30 MINS
	EXPRESS SPIN	6:35AM - 7:05AM	30 MINS
	FULL BODY STRENGTH	7:10AM - 7:40AM	30 MINS
	SPIN	10:00AM - 10:45AM	45 MINS
	PUMP & CORE	6:00PM - 6:45PM	45 MINS
	CIRCUITS	7:00PM - 7:45PM	45 MINS
WEDNESDAY	CIRCUITS	6:00AM - 6:45AM	45 MINS
	WEIGHTS & CORE	7:00AM - 7:45AM	45 MINS
	SPIN	7:00PM - 7:45PM	45 MINS
	AQUA	7:45PM - 8:30PM	45 MINS
THURSDAY	EXPRESS SPIN	6:00AM - 6:30AM	30 MINS
	FULL BODY STRENGTH	6:35AM - 7:20AM	45 MINS
	50/50	10:00AM - 10:45AM	45 MINS
	AQUA	12:30PM - 1:15PM	45 MINS
	PUMP & CORE	6:00PM - 6:45PM	45 MINS
	CIRCUITS	7:00PM - 7:45PM	45 MINS
FRIDAY	TRED & SHED	6:00AM - 6:30AM	30 MINS
	SPIN & WEIGHTED CORE	6:35AM - 7:20AM	45 MINS
	PUMP & CORE	9:00AM - 9:45AM	45 MINS
	AQUA	11:00AM - 11:45AM	45 MINS
SATURDAY	CIRCUITS	8:00AM - 8:45AM	45 MINS
	PUMP & CORE	9:00AM - 9:45AM	45 MINS

FITNESS CLASS INFORMATION	
FITNESS APP REGISTRATION	ALL CLASSES HAVE A MAXIMUM CAPACITY, IN ORDER TO GUARANTEE YOUR PLACE BOOK NOW VIA THE FITNESS APP. ALL DETAILS WILL BE PROVIDED ONCE YOU JOIN WITH US.
FITNESS CLASS BOOKING RULES	IF YOU CANNOT ATTEND A PRE-BOOKED CLASS, YOU MUST CANCEL IN ADVANCE BY A MINIMUM OF 12 HOURS. IF YOU DO NOT ATTEND A CLASS WHICH HAS A WAITING LIST YOU WILL BE AUTOMATICALLY BLOCKED FROM USING THE APP FOR 7 DAYS AND YOU WILL BE REMOVED FROM ANY CLASSES BOOKED DURING THAT 7 DAY PERIOD.
ADDITIONAL INFORMATION	CLASSES MAY CHANGE SLIGHTLY EACH WEEK DUE TO STAFFING AND DEMAND, CLASSES WILL BE AVAILABLE FOR BOOKING ONE WEEK IN ADVANCE AT 8PM EACH NIGHT.

