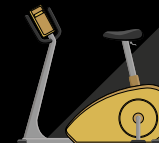




Studio Classes

TIMETABLE



MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY		SATURDAY		SUNDAY	
6:15am 7:00am	Cycle 45			6:15am 7:00am	Cycle 45	6:15am 7:00am	Cycle 45	6:15am 7:00am	Body Combat	7:30am 8:15am	Advanced Cycle 45		
9:15am 10:00am	Body Pump	9:15am 10:00am	Step	9:15am 10:00am	Body Combat	9:15am 10:00am	Glutes & Abs	9:15am 10:00am	Muscle Morning	8:30am 9:15am	Cycle 45	8:30am 9:15am	Body Pump
10:05am 10:20am	Blast - Cardio	10:05am 10:20am	Blast- Upper Body	10:05am 10:20am	Blast - Lower Body	10:15am 11:00am	Step	10:05am 10:20am	Blast - Cardio	9:30am 10:15am	Zumba	9:30am 10:15am	Body Combat
12:15pm 12:45pm	Off-Peak Cycle 30	12:15pm 12:45pm	Off-Peak Mixed Weights	12:15pm 12:45pm	Off-peak Wellness							10:30am 11:30am	Pilates
4:00pm 4:30pm	Bootcamp					12:15am 12:45am	Off-Peak Cycle 30					1:00pm 2:00pm	Inv Only Boxing
5:30pm 6:00pm	Circuits					4:00pm 4:30pm	Bootcamp	4:00pm 4:30pm	Bootcamp	3:30pm 5:30pm	Technical Boxing and sparring		
6:30pm 7:15pm	Pump with Vanda	6:30pm 7:15pm	Cycle 45	6:30pm 7:00pm	Cycle 30	5:30pm 6:00pm	Circuits						
7:30pm 8:15pm	Body Combat	6:30pm 7:15pm	Zumba	6:30pm 7:15pm	Kettlebells	6:30pm 7:15pm	Cycle 45	6:30pm 7:15pm	Glutes & Abs				
7:30pm 8:15pm	Cycle 45	7:30pm 8:15pm	Body Pump	7:30pm 8:15pm	Cycle 45	6:30pm 7:15pm	Body Combat	7:30pm 8:15pm	Cycle 45				
8:30pm 9:15pm	Legs, Bums, Tums	7:30pm 8:15pm	Cycle 45	7:30pm 8:15pm	Gloves Pads & Bags	7:30pm 8:15pm	Upper Body Blast						
		8:30pm 9:15pm	Inv Only Kickboxing	8:30pm 9:15pm	Kettlebells	8:30pm 9:30pm	Inv Only Boxing						

Please let us know 24 hours in advance if you have booked a class and are unable to attend!