RARE FITNESS

clubright

STUDIO CLASSES TIMETABLE

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY		SATURDAY	
9:15am - 10:00am	Body Pump	6:15am - 7:00am	Total Tuesday	6:15am - 7:00am	Cycle	6:15am - 7:00am	Cycle	6:15am - 7:00am	Body Combat	7:30am - 8:15am	Advanced Cycle
10:05am - 10:20am	Cardio Blast	9:15am - 10:00am	Step	9:15am - 10:00am	How to Hyrox	9:15am - 10:00am	Pilates 45	9:15am - 10:00am	Muscle Morning	8.30am - 9:15am	Cycle
		10:05am - 10:20am	Upper Body Blast	10:05am - 10:20am	Lower Body Blast	10:15am - 11:00am	Step	10:05am - 10:20am	Cardio Blast	9:30am - 10:30am	Pilates
12:15pm - 12:45pm	Cycle	12:15pm - 12:45pm	Mixed Weights	12:15pm - 12:45pm	Hyrox Mastery	12:15pm - 12:45pm	Kettlebells				
										SUNDAY	
5:30pm - 6:00pm	Circuits			4:00pm - 4:30pm	Bootcamp					8:30am - 9:15am	Body Pump
6:30pm - 7:15pm	How to Hyrox	6:30pm - 7:15pm	Zumba	6:30pm - 7:15pm	Body Pump	6:30pm - 7:15pm	Cycle			9:30am - 10:15am	Body Combat
7:30pm - 8:15pm	Body Combat	6:30pm - 7:15pm	Cycle	6:30pm - 7:15pm	Cycle	7:30pm - 8:15pm	How to Hyrox			10:30am - 11:30am	Pilates
7:30pm - 8:15pm	Cycle	7:30pm - 8:15pm	Kettlebells	7:30pm - 8:15pm	Boxing: Gloves, Pads & Bags						
		8:30pm - 9:15pm	Pilates								

Please let us know 4 hours in advance if you have booked a class and are unable to attend!

**Updated Feb 2026 - subject to change