

Easter 2024 Group Fitness Timetable

Main Studio Timetable

	Saturday 30th	Sunday 31st	Monday 1st
6:10 AM	6:30AM Metafit		
7:10 AM	Boxing Fit		
8:15 AM	Body Pump	Body Attack	HIIT + Core
9:15 AM	Body Step	Body Pump	Body Pump
10:15 AM	HIIT + Core	Zumba	THT
11:20 AM		Body Step	Body Attack
12:25 PM	Virtual LM ShBam	Virtual Body Combat	
1:30 PM	Virtual Body Attack	Virtual Body Pump	
2:30 PM		Virtual Grit	Virtual Body Combat
3:30 PM	Body Combat	Virtual LM Core	Virtual Body Attack
4:30 PM	Body Pump 45m	Virtual LM ShBam	
5:30 PM	Virtual LM Core	Virtual Body Pump	Body Pump
6:30 PM	Virtual Grit	Virtual Body Attack	Body Step

Wellness Studio Timetable

	Saturday 30th	Sunday 31st	Monday 1st
8:15 AM	Mat Pilates	Slow Flow Yoga	Iyengar Yoga
9:15 AM	BarreFusion	Body Balance	Mat Pilates
10:15 AM	Body Balance	BarreFusion	BarreFusion
11:20 AM	Vinyasa Yoga		Vinyasa Yoga
12:25 PM			Body Balance
4:30 PM	Restorative Yoga		Barre
5:30 PM		Vinyasa Yoga	Mat Pilates
6:30 PM			Body Balance

Cycle Studio Timetable

	Saturday 30th	Sunday 31st	Monday 1st
7:10 AM	Cycle		
8:15 AM	RPM	Cycle	Cycle
9:15 AM	LM Sprint	Cycle	Cycle
11:20 AM	Virtual Cycle		LM Sprint
12:25 PM			Virtual Cycle
1:30 PM		Virtual Cycle	
2:30 PM	Virtual Cycle		Virtual Cycle
3:30 PM		Virtual Cycle	
4:30 PM	Virtual Cycle		
5:30 PM		Cycle	RPM

Easter 2024 Group Fitness Timetable

Reformer Studio Timetable

	Saturday 30th	Sunday 31st	Monday 1st
8:15 AM	Reformer	Reformer	Athletic Reformer
9:15 AM	Reformer	Athletic Reformer	Reformer
10:15 AM	Foundation Reformer	Reformer	Reformer Foundation
11:20 AM	Reformer	Reformer	Reformer
3:30 PM		Reformer	
4:30 PM		Foundation	Foundation Reformer
5:30 PM		Reformer	Reformer
6:30 PM			Reformer

Aquatic Classes Timetable

	Saturday 30th	Sunday 31st	Monday 1st
7:15 AM	AquaFit		
8:15 AM	AquaFit		Aquafit
6:15 PM			AquaFit

