

FITNESS TIMETABLE

Day Time Class Location

Day	Time	Class	Location
Monday	09.00-09.45	AquaFit	Pool
	09.15-09.45	Gentle Exercise	Studio
	10.00-10.45	AquaFit	Pool
	10.00-11.00	Body Pump	Studio
	11.10-11.55	Body Balance	Studio
	17.30-18.30	Body Pump	Studio
	18.00-18.30	Xcite Fit	Gym
	18.30-19.15	Group Cycle	Cycle Area
	19.20-20.05	Kettlercise	Studio
	20.15-21.15	Queenax Circuits	Studio

Day	Time	Class	Location
Tuesday	09.00-09.45	Aqua Zumba	Pool
	10.00-10.45	Body Balance	Studio
	11.00-11.45	Body Attack	Studio
	12.00-12.45	Queenax Functional	Studio
	17.15-17.45	Group Cycle	Cycle Area
	18.00-18.30	Xcite Fit	Gym
	18.00-18.45	Body Attack	Studio
	19.00-19.45	Body Step	Studio

Day	Time	Class	Location
Wednesday	09.05-09.35	Queenax Functional	Studio
	09.10-09.55	AquaFit	Pool
	09.45-10.30	Body Attack	Studio
	10.45-11.30	Kettlercise	Studio
	18.00-18.30	Xcite Fit	Gym
	18.15-19.00	Queenax Circuits	Studio
	19.15-20.00	Piyo	Studio

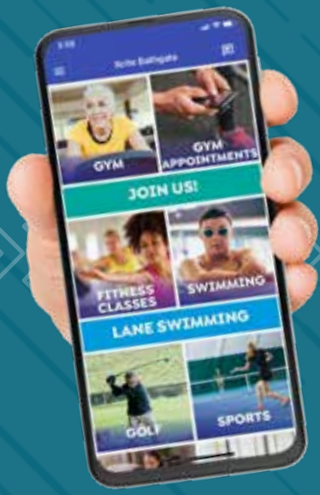
Day Time Class Location

Day	Time	Class	Location
Thursday	09.00-09.45	AquaFit	Pool
	09.50-10.35	PiYo	Studio
	17.10-17.55	Zumba	Studio
	18.00-18.30	Xcite Fit	Gym
	18.00-18.45	Body Attack	Studio
19.00-20.00	Body Pump	Studio	

Day	Time	Class	Location
Friday	09.10-09.55	AquaFit	Pool
	09.15-09.45	Gentle Exercise	Studio
	10.00-10.45	Body Pump	Studio
	10.55-11.25	Core	Studio
	11.30-12.00	Body Balance	Studio
	18.00-18.30	Xcite Fit	Gym
	18.45-19.00	Paracise	Studio
19.20-20.05	Body Step	Studio	

Day	Time	Class	Location
Saturday	09.15-10.00	HIIT Cycle	Cycle Area

Day	Time	Class	Location
Sunday	09.40-10.25	Body Attack	Studio
	10.45-11.30	Body Pump	Studio
	11.45-12.30	Mind	Studio



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VIRTUAL FITNESS CLASSES

Day Time Class Location

Monday 08.00-08.30 Body Balance Studio
 09.30-10.00 RPM Cycle Area
 12.30-13.00 Core Studio
 18.40-19.10 Body Combat Studio

Tuesday 07.20-07.50 RPM Cycle Area
 09.00-09.45 Body Pump Studio
 12.00-12.30 RPM Cycle Area
 13.15-13.45 Core Studio
 19.30-20.15 RPM Cycle Area

Wednesday 07.20-07.50 RPM Cycle Area
 12.15-12.45 LM Core Studio
 13.00-13.30 RPM XPRESS Cycle Area
 19.30-20.15 RPM Cycle Area

Day Time Class Location

Thursday 07.20-07.50 RPM Cycle Area
 09.15-09.45 LM Core Studio
 11.00-12.00 Body Pump Studio
 13.00-13.30 SPRINT Cycle Area
 19.30-20.15 RPM Cycle Area

Friday 07.20-07.50 RPM Cycle Area
 12.00-12.30 RPM Studio
 18.15-19.00 RPM Cycle Area

Saturday 10.15-11.00 Body Pump Studio
 11.15-12.00 Balance Studio



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