














# Class Timetable









## MONDAY

Pump 	06:30 – 07:30
Group Cycle 	06:40 – 07:10
CX Works 	11:50 – 12:20
Pilates 	12:30 – 13:30
Pump 	15:55 – 16:55
Group Cycle 	17:15 – 18:00
Yoga 	17:00 – 18:30
Pump 	18:45 – 19:30










## TUESDAY

Combat	06:30 – 07:00
Group Cycle 	06:40 – 07:10
Pump 	12:00 – 13:00
Combat 	15:30 – 16:00
Group Cycle 	17:15 – 18:00
Dancercise 	18:00 – 19:00

## WEDNESDAY

Will Power 	06:40 – 07:10
CX Works 	07:30 – 08:00
Pump 	12:00 – 13:00
Combat 	15:15 – 15:45
Bootcamp 	16:00 – 16:30
Group Cycle 	17:15 – 18:00
Pump 	17:00 – 18:00
Body Tone 	18:00 – 19:00





## THURSDAY

Kick, Punch & Crunch 	06:45 – 07:25
CX Works 	07:30 – 07:40
Pump 	12:00 – 13:00
Pilates 	13:30 – 14:30
Combat 	15:25 – 15:55
Pump 	15:55 – 16:55
Yoga 	17:00 – 18:30
Group Cycle 	16:30 – 17:00
Aqua Aerobics 	18:00 – 18:45

## FRIDAY

Pump 	06:30 – 07:30
CX Works 	07:35 – 08:05
Group Cycle 	10:00 – 10:45
Pilates 	17:00 – 18:00

## SATURDAY

Pump 	09:10 – 09:40
CX Works 	09:45 – 10:15
Combat 	11:15 – 11:45
Balance 	11:55 – 12:25



Live Instructor Lead Class  
Virtual Class from Les Mills  
Myzone Heart Rate Enabled.