

CLASS TIMETABLE



SPIN TIMETABLE



MONDAY

YOGA - 11.15AM (60 MINS)
CLASSICAL PILATES (MAT) - 5.00PM (60 MINS)
FITNESS PILATES (MAT) - 6.00PM (60 MINS)
KETTLEBELLS - 7.00PM (60 MINS)

MONDAY

10.00AM - 60 MINS
6.00PM - 45 MINS

TUESDAY

YIN YOGA - 12.30PM (60 MINS)
MAT PILATES - 6.00PM (60 MINS)
BARRE PILATES - 5.00PM (60 MINS)
YOGA - 7.15PM (60 MINS)

TUESDAY

6.15AM - 60 MINS
10.00AM - 60 MINS
6.00PM - 60 MINS

WEDNESDAY

HIIT CIRCUIT - 6.30AM (60 MINS)
HIIT CIRCUITS - 6.00PM (60 MINS)

WEDNESDAY

10.00AM - 60 MINS
6.00PM - 60 MINS

THURSDAY

YOGA - 8.00AM (60 MINS)
HIIT CIRCUITS - 10.00AM (60 MINS)
CHAIR PILATES - 5.00PM (60 MINS)
CHAIR PILATES - 6.00PM (60 MINS)
KETTLEBELLS - 7.00PM (60 MINS)

THURSDAY

10.00AM - 60 MINS
6.00PM - 45 MINS

FRIDAY

BOXING BASED CIRCUITS - 6.15AM (45 MINS)
YOGA - 11.15AM (60 MINS)

FRIDAY

6.15AM - 60 MINS
10.00AM - 60 MINS

SATURDAY

YOGA - 8.15AM (60 MINS)
HIIT CIRCUIT - 9.45AM (60 MINS)
PILATES - 11.00AM (60 MINS)

SATURDAY

9.45AM - 60 MINS

SUNDAY

YOGA - 11.00AM (60 MINS)
ZUMBA - 10.00AM (60 MINS)



INTELLIGENT
CYCLING