

# FITNESS CLASS TIMETABLE

## MONDAY

- SPIN**  
10-11am  
Studio 2
- BODY COMBAT**  
6-7pm  
Studio 1
- IRONMAN**  
6-7pm  
Studio 2
- POWER HOUR (KETTLEBELLS/TRX)**  
7-8pm  
Studio 1
- ABS**  
7-7.30pm  
Studio 2
- YOGA**  
7.30-8.30pm  
Studio 2
- BRAZILIAN JIU JITSU**  
8-9.30pm  
Studio 1  
(additional fee)

## TUESDAY

- SPIN**  
6.30-7.30am  
Studio 2
- HIGH INTENSITY CIRCUIT**  
10-11am  
Studio 1
- YOGA**  
11-11.45am  
Studio 2
- BODY PUMP**  
6-7pm  
Studio 1
- SPIN**  
6-7pm  
Studio 2
- BOXFIT**  
6.30-7.15pm  
Boxing Area
- DANCEFIT**  
7-7.45pm  
Studio 2
- PAISLEY BARBELL CLUB**  
8-9.30 pm  
Studio 1  
(additional fee)

## WEDNESDAY

- BOOTCAMP**  
6.30-7.30am  
Outdoors
- HIIT**  
10-10.30am  
Studio 1
- ABS**  
10.30-11am  
Studio 1
- SHREDDER**  
6-7pm  
Studio 1
- RUNNING CLUB**  
6-7pm  
Outdoors
- BURN**  
6.15-7pm  
Gym HIIT area
- ABS**  
7-7.30pm  
Studio 1
- SPIN**  
7-7.45pm  
Studio 2
- BRAZILIAN JIU JITSU**  
8-9.30pm  
Studio 1  
(additional fee)

## THURSDAY

- BODY PUMP**  
6.30-7.30am  
Studio 1
- SPIN**  
9.15-10am  
Studio 2
- HIGH INTENSITY CIRCUIT**  
10-11am  
Studio 1
- SPIN**  
6-7pm  
Studio 2
- PRO-LIFE IN THE PARK**  
6-7pm  
Barshaw Park
- BODY COMBAT**  
6.15-7pm  
Studio 1
- BODY PUMP**  
7-7.45pm  
Studio 1
- STRETCH**  
7-7.45pm  
Studio 2
- PAISLEY BARBELL CLUB**  
8-9.30 pm  
Studio 1  
(additional fee)

## FRIDAY

- SPIN**  
6.30-7.30am  
Studio 2
- BODY COMBAT**  
9.30-10.15am  
Studio 1
- YOGA**  
10.15-11am  
Studio 2
- CIRCUIT**  
5.45-6.45pm  
Studio 1

## SATURDAY

- BOOTCAMP**  
8.45-9.45am  
Outdoors
- BODY COMBAT**  
10-10.45am  
Studio 1
- SPIN**  
10-11am  
Studio 2
- BOXFIT**  
10.30-11.15am  
Boxing Area
- BODY PUMP**  
11-11.45am  
Studio 1
- BRAZILIAN JIU JITSU**  
3-4.30pm  
Studio 1  
(additional fee)

## SUNDAY

- SPIN**  
9-10am  
Studio 2
- SHREDDER**  
10-11am  
Studio 1
- YOGA**  
11-12am  
Studio 2

## CRECHE OPENING TIMES

- |                                  |                                 |
|----------------------------------|---------------------------------|
| <b>Monday</b><br>9.30-11.30am    | <b>Thursday</b><br>9.15-11.15am |
| <b>Tuesday</b><br>10-12pm        | <b>Friday</b><br>9.30-11.30am   |
| <b>Wednesday</b><br>9.30-11.30am | <b>Saturday</b><br>10-12pm      |