

CLASS TIMETABLE 2022

Booking available online or via our App

MONDAY		
TIME	CLASS	LOCATION
07:00 - 07:30	X-HIIT	STUDIO 1
08:00 - 09:15	ASHTANGA YOGA	STUDIO 1
08:30 - 09:25	PILATES	STUDIO 2
09:30 - 10:15	SPIN	SPIN STUDIO
09:30 - 10:25	LBT	STUDIO 1
09:30 - 10:25	BODY ATTACK	STUDIO 2
10:30 - 11:25	PILATES	STUDIO 1
10:30 - 11:30	BODYBALANCE	STUDIO 2
11:15 - 12:00	SPIN	SPIN STUDIO
11:30 - 12:15	AQUA	POOL
11:45 - 12:15	YAH CIRCUITS	STUDIO 2
11:45 - 12:45	BODYPUMP	STUDIO 1
13:00 - 14:00	LBT GOLD	STUDIO 1
18:30 - 19:25	BODYPUMP	STUDIO 1
18:30 - 19:30	ZUMBA	STUDIO 2
19:00 - 19:45	SPIN	SPIN STUDIO
19:30 - 20:25	BODYCOMBAT	STUDIO 1
20:30 - 21:30	HATHA YOGA	STUDIO 1

TUESDAY		
TIME	CLASS	LOCATION
07:00 - 07:30	X-HIIT	STUDIO 1
08:00 - 08:45	KETTLEBELLS	STUDIO 2
08:00 - 08:45	HIIT	STUDIO 1
09:30 - 10:25	LBT	STUDIO 1
09:30 - 10:25	BODYATTACK	STUDIO 2
09:45 - 10:30	SPIN	SPIN STUDIO
10:30 - 11:25	PILATES	STUDIO 1
10:30 - 11:30	VINYASA YOGA	STUDIO 2
10:45 - 11:30	AQUA ZUMBA	POOL
11:00 - 11:30	50+ GYM	GYM FLOOR
11:30 - 12:25	YOUNG AT HEART	STUDIO 1
12:30 - 13:30	PILATES GOLD	STUDIO 1
13:30 - 14:30	DANCEFIT	STUDIO 1
17:15 - 18:00	HIIT	STUDIO 1
18:00 - 18:45	ZUMBA STEP	STUDIO 1
18.15 - 18:55	BOXERCISE	STUDIO 2
18.15 - 19:00	SPIN	SPIN STUDIO
19:00 - 20:00	ADVANCE PILATES	STUDIO 2
19:00 - 20:30	HATHA YOGA	STUDIO 1
19:15 - 20:00	SPIN	SPIN STUDIO

WEDNESDAY		
TIME	CLASS	LOCATION
07:00 - 08:00	PILATES	STUDIO 2
07:00 - 07:45	SPIN	SPIN STUDIO
08:00 - 09:00	BODYPUMP	STUDIO 1
09:00 - 09:40	STRONG	STUDIO 2
09:15 - 10:15	BODYPUMP	STUDIO 1
09:45 - 10:30	ZUMBA	STUDIO 2
10:30 - 11:00	YAH GYM	GYM FLOOR
10:30 - 11:15	AQUA	POOL
10:35 - 11:35	BODYBALANCE	STUDIO 2
10:45 - 11:45	ZUMBA STEP	STUDIO 1
11:15 - 12:00	SPIN	SPIN STUDIO
13:00 - 14:00	HATHA YOGA	STUDIO 1
18:15 - 18:55	HIIT	STUDIO 2
18:15 - 19:00	AQUA	POOL
18:30 - 19:30	LBT	STUDIO 1
19:00 - 20:00	BODYATTACK	STUDIO 2
19:00 - 19:45	SPIN	SPIN STUDIO
20:10 - 21:10	BODYPUMP	STUDIO 1

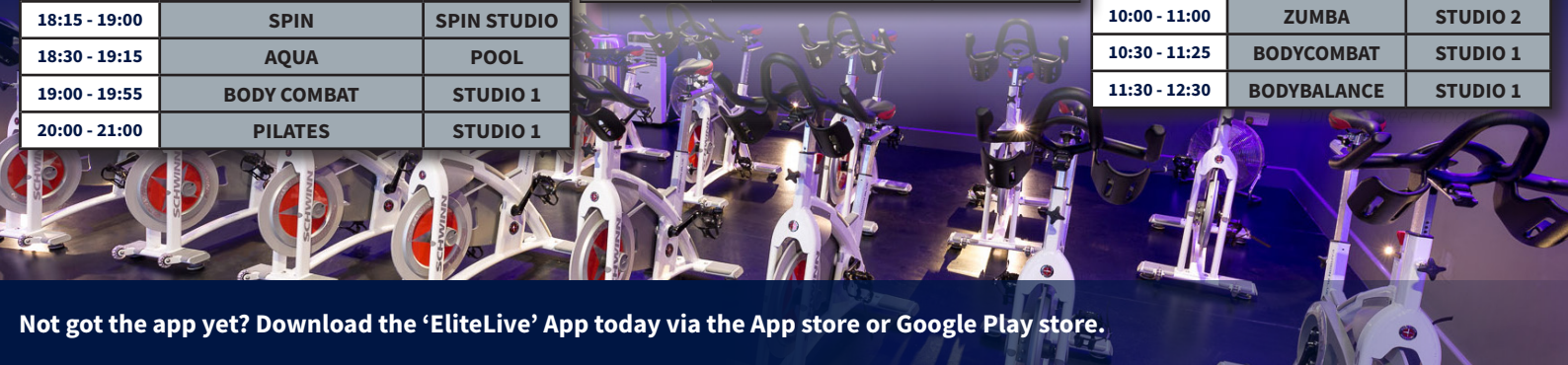
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CLASS TIMETABLE

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THURSDAY			FRIDAY			SATURDAY		
TIME	CLASS	LOCATION	TIME	CLASS	LOCATION	TIME	CLASS	LOCATION
08:00 - 08:45	SPIN	SPIN STUDIO	07:00 - 07:45	X-HIT	STUDIO 1	08:15 - 09:15	BODYCOMBAT	STUDIO 1
08:00 - 08:45	KETTLEBELLS	STUDIO 1	08:00 - 08:55	BODY COMBAT	STUDIO 2	08:45 - 09:25	KETTLEBELLS	STUDIO 2
08:30 - 09:10	LBT	STUDIO 2	08:00 - 08:45	SPIN	SPIN STUDIO	09:30 - 10:15	SPIN	SPIN STUDIO
09:00 - 10:10	VINYASA YOGA	STUDIO 1	08:15 - 08:55	LBT	STUDIO 1	09:30 - 10:25	ZUMBA	STUDIO 2
09:15 - 09:45	SPIN	SPIN STUDIO	09:00 - 09:25	CORE CONDITIONING	STUDIO 1	09:30 - 10:30	BODYPUMP	STUDIO 1
09:15 - 10:10	HATHA YOGA	STUDIO 2	09:00 - 09:40	STRONG	STUDIO 2	10:30 - 11:30	BODYBALANCE	STUDIO 2
10:00 - 10:45	AQUA	POOL	09:30 - 10:15	SPIN	SPIN STUDIO	10:45 - 12:15	HATHA YOGA	STUDIO 1
10:15 - 11:15	BEGINNERS HATHA YOGA	STUDIO 1	09:30 - 10:25	LBT	STUDIO 1			
10:30 - 11:45	ADVANCE HATHA YOGA	STUDIO 2	09:45 - 10:40	ZUMBA	STUDIO 2			
11:30 - 12:00	50+ GYM	GYM FLOOR	10:30 - 11:30	PILATES	STUDIO 1			
11:30 - 12:10	YAH DANCE	STUDIO 1	11:45 - 12:40	PILATES	STUDIO 1			
12:15 - 12:55	YAH DANCE	STUDIO 1	12:45 - 13:45	TAI CHI	STUDIO 1			
13:00 - 14:00	PILATES	STUDIO 1	18:00 - 19:00	BODYBALANCE	STUDIO 1			
18:00 - 18:55	BODY PUMP	STUDIO 1	19:00 - 20:00	HATHA YOGA	STUDIO 1			
18:15 - 19:00	SPIN	SPIN STUDIO						
18:30 - 19:15	AQUA	POOL						
19:00 - 19:55	BODY COMBAT	STUDIO 1						
20:00 - 21:00	PILATES	STUDIO 1						

SUNDAY		
TIME	CLASS	LOCATION
08:00 - 09:00	TAI CHI	STUDIO 2
08:00 - 09:00	HATHA YOGA	STUDIO 1
09:30 - 10:25	BODY PUMP	STUDIO 1
10:00 - 10:45	SPIN	SPIN STUDIO
10:00 - 11:00	ZUMBA	STUDIO 2
10:30 - 11:25	BODYCOMBAT	STUDIO 1
11:30 - 12:30	BODYBALANCE	STUDIO 1



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