

FITNESS TIMETABLE

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Spin 7am – 7.45am	Spin 6.15am – 7am	Spin 7am – 7.45am	Spin 6.15am – 7am			
		Cardio Tennis 7am – 8am				
Move freely - Endurance 8.15am – 9am	Pilates 8.15am – 9.15am	Move freely – Flexibility 8.15am – 9am	Spin 8am – 8.45am	Spin 8am – 8.45am		
Core focus 9am – 9.15am		Core focus 9am – 9.15am	Pilates 8.15am – 9.15am	Bodypump 8.15am – 9.15am	Bodyattack 9am – 10am	Pilates 8.15am – 9.15am
Body Blast 9.30am – 10.30am	Metafit 9.30am – 10am	Bodypump 9.30am – 10.30am	Fitball 9.15am – 10am	Metafit 9.30am – 10.00am	Spin 9.15am – 10am	Bodypump 9.30am – 10.30am
Spin 9.30am – 10.15am	Spin 9.30am – 10.15am	Spin 9.30am – 10.15am	Spin 9.30am – 10.15am	Spin 9.30am – 10.15am		Spin 9.30am – 10.15am
Pilates 10.30am – 11.30am	HiIT Yoga 10am – 11am	Yoga 10.45am – 12pm	Bodybalance 10am – 11am	Mpower Yoga 10.00am – 11am	Bodybalance 10.15am – 11.15am	Kettlebell Conditioning 10.45am – 11.30am
Body Barre 11.30am – 12.15pm	Pilates 11.15am – 12.15pm		Pilates 11am – 12pm	Pilates 11.15am – 12.15pm	Spin 10.15am – 11am	
Express Core 12.30 – 1pm		Express Power 12.30 – 1pm	Cardio Tennis 1.30pm – 2.30pm	Express Strength 12.30 – 1pm	Bodypump 11.15am – 12.15pm	
Bodyattack 5.45pm – 6.30pm	Bodypump 5.30pm – 6.30pm	Fitball 5.45pm – 6.30pm	Bodypump 5.30pm – 6.30pm	HIIT 5.30pm – 6.15pm	X Fit 5pm – 5.45pm	
Spin 6pm – 6.45pm	Spin 6pm – 6.45pm	Spin Express 6.15pm – 6.45pm				
		Wolverine 6.30pm – 7.30pm				
Metafit 6.45pm – 7.15pm	Cardio Tennis 6pm – 7pm	Bodybalance 6.30pm – 7.30pm	Bodyattack 6.40pm – 7.25pm	Spin 6.30pm – 7.15pm		
Spin 7pm – 7.45pm	Fitball 6.45pm – 7.30pm		Spin 7pm – 7.45pm			
Bodypump 7.30pm – 8.30pm	Spin 7pm – 7.45pm	Spin 7pm – 7.45pm	Yoga 7.30pm – 8.45pm			
X fit 8.30pm – 9.30pm	Pilates – foundations 7.45pm – 8.45pm	Pilates 7.30pm – 8.30pm				