

Class Timetable

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
10.00 AM	HIIT & ABS (45mins)	Circuits (45mins)	Spin (45mins)	HIIT & ABS (45mins)	Spin (45mins)		Boxercise (45mins)
11.00 AM						HIIT Circuits (45mins)	Yoga (45mins)
6.15 PM	BodyPump (45mins)	Kettlecise (45mins)	BodyPump (45mins) MMA Padwork (1hour 15mins)	Total Endurance (45mins)			
6.30 PM							
7.00 PM	Zumba (45mins)	Metafit (30mins)	Zumba (45mins)	Metafit (30mins)			
7.15 PM	Spin (45mins)		Spin (45mins)		HIIT (45mins)		
7.30 PM		Total Combat (30mins)		Pilates (45mins)			
8.00 PM	Circuits (45mins)	Spin (45mins)	HIIT & ABS (45mins)				
Ladies Only Classes- Carried out in the studio or spin room							
MMA Padwork Class - Carried out in the MMA Area							