



## Class Timetable

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
9.00am						Metafit (30 mins)	
10am	Body Conditioning (45mins) Bee	Zumba (45mins) Amorette	Spin (45 mins) Antonia	HIIT and Abs (45mins) Bee	Metafit (30 mins)		Spin (45 mins)
10.30am							
11am		HITT and Abs (45 MINS) Bee				Circuits (45mins) Amanda	
12pm							
12.30pm							
6pm			MMA Boxing Padwork (60mins) Dave				
6.15pm	Bodypump (45 mins)		Bodypump (45 mins)	Spin (45mins)	Bodypump (45mins)		
6.30pm							
7pm	Zumba (45mins)	Metafit (30 mins)	Zumba (45mins)	Metafit (30 mins)			
7.15pm	Spin (45mins)		Spin (45mins)		Spin (45 mins)		
7.30pm		Circuits (60mins)	Pure Core (30mins) Bee	Primal Circuits (60mins)			
7.45pm							
8pm		Spin (45mins)	Strength Training (45mins) Amanda				
8.30pm							
8.45pm							
9pm							

Ladies only classes - carried out in the studio or spin room

These classes take place in the MMA area