



MEMBERS: Studio Class Timetable

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Morning classes						
09.30 - 10.00	-	-	-	-	-	-
10.00 - 11.00	*Advanced Tone	HIIT <i>(High Intensity Interval Training)</i>	Pilates OR *Complete Tone	*Fit-To-Fight	*Kettlebells & Rings	*Circuits
11.00 - 11.45	-	-	-	-	-	-
Evening classes						
18.00 - 18.30	-	-	-	*Killer Abs	-	-
18.30 - 19.15	*Circuits	*Pilates OR *Fat BLITZ	*Kettlebells	*Fat BLITZ	-	-
19.15 - 20.00	Step Aerobics (6 weeks only)	-	-	-	-	-

*Gym members are required to sign up for these classes

Opening hours: Mon - Thurs 6am - 10pm | Fri 6am - 9pm | Sat 8am - 6pm | Sun 9am - 6pm | Bank Holidays 9am - 4pm

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