

Studio Timetable 2024

Monday

TIME	CLASS
06:30-07:00	Group Cycle
09:15-10:00	Body Balance
10:15-11:00	Freestyle Dance
10:45-11:15	Aqua Aerobics
11:30-12:00	Aqua Aerobics
16:30-17:30	Body Combat
17:30-18:00	Tabata
17:45-18:30	RPM
18:00-18:30	Core
18:45-19:15	Aqua Aerobics
19:15-20:15	Body Balance

Tuesday

TIME	CLASS
06:30-07:00	Hiitstep
09:30-10:15	Broadway Boogie
09:30-10:15	Group Cycle
10:30-11:30	Body Pump
11:30-12:15	Stretch & Mobilise
11:30-12:00	Aqua Aerobics
17:00-17:30	Les Mills Grit
17:30-18:30	Total Body Workout
17:45-18:30	Group Cycle
18:30-19:30	Body Attack
19:30-20:20	Body Pump

Wednesday

TIME	CLASS
09:15-10:00	Group Cycle
09:00-10:15	Body Step
10:15-11:15	Body Balance
11:30-12:00	Aqua Aerobics
12:30-13:30	Wellbeing Workout
16:30-17:30	Body Pump
17:30-18:30	Body Combat
17:45-18:30	Group Cycle
18:30-19:30	Body Balance

CARDIO

STRENGTH & CONDITIONING

HOLISTIC & WELLBEING

POOL TRAINING

Thursday

TIME	CLASS
06:30-07:00	Hiitstep
09:15-10:00	Freestyle Dance
09:30-10:15	Group Cycle
10:30-11:30	Body Pump
11:45-12:30	Stretch & Mobilise
17:00-17:30	Hiit Circuit
17:30-18:15	Group Cycle
17:30-18:30	Body Pump
18:30-19:30	Body Attack
18:30-19:00	Aqua Aerobics

Friday

TIME	CLASS
06:45-07:15	RPM
09:15-10:00	Body Pump
11:30-12:00	Aqua Aerobics
15:30-16:30	Intro to Kettlebells
16:30-17:30	Body Pump
17:30-18:30	Zumba

Saturday

TIME	CLASS
08:30-09:15	Freestyle Dance
09:15-10:15	Body Balance
10:15-11:00	RPM
10:15-11:15	Body Combat
11:15-12:15	Body Pump

*No classes on Sunday

We are launching a brand-new studio timetable on Monday, 30th September.