

LIVE CLASS TIMETABLE

COMMENCING 3RD APRIL

Monday

TIME	CLASS	MINS	VENUE
06.30	RPM	45	Cycle
09.10	Kettlebells	30	FN
09.30	BodyAttack	60	LMS
09.45	RPM/Spin	45	Cycle
09.45	Fitness By Light*	40	FBL
10.00	SwimFit	60	Pool
10.35	Young @ Heart	30	MBS
10.35	BodyPump	60	LMS
10.35	Gravity Strength*	40	G
11.15	AquaFit**	45	Pool
11.45	Pilates	60	LMS
12.15	AquaFit**	45	Pool
13.10	BodyPump	30	LMS
13.45	BodyBalance	30	LMS
17.10	Kettlebells	30	FN
17.45	Sprint/Spin HIIT	30	Cycle
17.45	BodyBalance	45	LMS
18.00	FX Cut	40	FN
18.30	RPM	45	Cycle
18.40	BodyPump	45	LMS
18.45	Fitness By Light*	40	FBL
19.30	Gravity Strength*	40	G
19.35	CXWORX	30	LMS
20.00	RPM	45	Cycle
20.10	BodyAttack	30	LMS
20.10	Les Mills Sh'Bam	45	MBS
20.45	Pilates	45	LMS

Tuesday

TIME	CLASS	MINS	VENUE
06.30	GRIT	30	LMS
07.10	Sprint/Spin HIIT	30	Cycle
09.30	Gravity Pilates*	40	G
09.30	BodyAttack	30	LMS
09.30	Sprint/Spin HIIT	30	Cycle
09.45	Les Mills Sh'Bam	45	MBS
10.05	GRIT	30	LMS
10.05	Fitness By Light*	40	FBL
10.15	AquaFit*	45	Pool
10.30	Gravity Pilates*	40	G
10.40	CXWORX	30	LMS
11.15	BodyBalance	60	LMS
13.10	GRIT	30	LMS
13.45	CXWORX	30	LMS
17.20	GRIT	30	LMS
18.00	BodyPump	60	LMS
18.15	BoxFit	45	Box
18.30	RPM	45	Cycle
19.05	Fitness By Light*	40	FBL
19.05	BodyAttack	60	LMS
20.00	AquaFit	45	Pool
20.00	RPM	45	Cycle
20.05	CXWORX	30	LMS
20.45	Pilates	45	LMS

Wednesday

TIME	CLASS	MINS	VENUE
06.30	BodyPump	45	LMS
09.10	Kettlebells	30	FN
09.25	Yoga	60	LMS
09.45	RPM	45	Cycle
09.45	BoxFit	45	Box
10.00	Ladies Squash Morning	60	SC
10.00	SwimFit	60	Pool
10.35	Fitness By Light*	40	FBL
10.35	Young @ Heart	30	MBS
10.35	BodyPump	60	LMS
11.15	AquaFit**	45	Pool
11.45	Pilates	60	LMS
13.10	RPM	45	Cycle
17.15	Yoga	45	MBS
17.30	Sprint/Spin HIIT	30	Cycle
18.05	GRIT	30	LMS
18.05	Gravity HIIT*	40	G
18.40	CXWORX	30	LMS
18.40	RPM	45	Cycle
19.00	Swim Fit	60	Pool
19.15	BodyAttack	45	LMS
20.05	BodyPump	45	LMS
21.00	Pilates	45	LMS

*Places are limited. Book your place in person or by phone on the day of the class.

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Thursday

06.30	BodyBalance	60	MBS
06.30	Fitness By Light*	30	FBL
07.05	Sprint/Spin HIIT	30	Cycle
09.30	Gravity Pilates*	40	G
09.30	Sprint/Spin HIIT	30	Cycle
09.30	BodyAttack	30	LMS
09.45	Les Mills Sh'Bam	45	MBS
10.05	GRIT	30	LMS
10.15	Gravity Pilates*	40	G
10.15	AquaFit**	45	Pool
10.40	CXWORX	30	LMS
11.00	Gravity HIIT*	40	G
11.15	BodyBalance	60	LMS
12.20	Pilates	45	LMS
13.15	GRIT	30	LMS
18.00	BodyPump	60	LMS
18.15	BoxFit	45	Box
18.30	Sprint/Spin HIIT	30	Cycle
19.05	Fitness By Light*	40	FBL
19.05	BodyBalance	60	LMS
19.15	RPM	45	Cycle
20.00	AquaFit	45	Pool
20.10	CXWORX	30	LMS

Friday

06.30	RPM	45	Cycle
09.30	Gravity Pilates*	40	G
09.45	RPM/Spin	45	Cycle
09.45	BodyAttack	45	LMS
10.00	SwimFit	60	Pool
10.15	Fitness By Light*	40	FBL
10.35	Young @ Heart	30	MBS
10.35	BodyPump	60	LMS
10.45	Gravity Strength*	40	G
11.15	AquaFit**	45	Pool
11.45	Pilates	60	LMS
13.10	Sprint/Spin HIIT	30	Cycle
18.00	BodyAttack	30	LMS
18.00	Sprint/Spin HIIT	30	Cycle
18.35	GRIT	30	LMS
19.10	CXWORX	30	LMS
20.00	Yoga	60	LMS

Saturday

09.30	Gravity Pilates*	40	G
10.00	BodyPump	60	LMS
10.15	Fitness By Light*	40	FBL
11.05	BoxFit	45	Box
11.05	BodyAttack	60	LMS
11.10	RPM	45	Cycle
12.05	CXWORX	30	LMS
12.40	BodyBalance	60	LMS
16.10	RPM	45	Cycle
17.00	GRIT	30	LMS
17.35	CXWORX	30	LMS

Sunday

10.00	BodyPump	60	LMS
11.05	BodyAttack	30	LMS
11.10	RPM	45	Cycle
11.40	CXWORX	30	LMS
12.15	BodyBalance	60	LMS
16.10	GRIT	30	LMS
16.50	Sprint/Spin HIIT	30	Cycle



LMS = Les Mills Studio
MBS = Mind Body Studio
Cycle = Cycle Studio
TCD1 = Tennis Dome 1
FN = Functional Training Area
Box = BoxFit Studio
G = Gravity Studio
SC = Squash Courts