

CLASSES TIMETABLE

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
06.00							
07.00	HIIT (06.15 - 07.00)	HIIT (06.15 - 07.00)		HIIT (06.15 - 07.00)			
08.00	HIIT (07.00 - 07.45)					BEAST (08.00-9.00)	
09.00					Hatha Yoga (09.00-10.00)	BEAST (09.00-10.00)	Les Mills BodyPump (09.00-10.00)
10.00	Strength Development (09.30-10.30)		Strength Development (09.30-10.30)	Les Mills BodyPump (09.30-10.30)	Kettlebells (09.30-10.30)		Les Mills BodyBalance (10.00-11.00)
11.00	Pilates (10.30-11.30)			Legends (10.45-11.45)	Vinyasa Flow Yoga (10.00-11.00)	Technique Development (10.30-11.00)	
12.00							
13.00							
14.00							
15.00							
16.00		Youth Development Programme					
17.00							
18.00	Suspension & Core (17.30-18.15)		BEAST (17.30-18.30)	Core Strength (17.15-18.00)	Les Mills BodyPump (17.30-18.30)		
19.00	Les Mills BodyPump	Ashtanga Yoga	Adult Kick Boxing	Strength Development (18.00-19.00)			
		Kettlebells (18.00-19.00)	Les Mills BodyCombat (18.00-19.00)	Les Mills BodyCombat (18.15-19.15)	Les Mills BodyBalance		
	BEAST (18.30 - 19.30)	Hatha Yoga (19.00-20.00)	Spring Fit (18.30-19.15)		BEAST (18.30-19.30)		
20.00	Les Mills BodyBalance (19.30 - 20.30)	Cardio Conditioning (19.15-20.00)		Les Mills BodyPump (19.45-20.30)			
		LBT (20.00-20.30)					