



AUGUST CLASS TIMETABLE

MONDAY

9.15AM - 9.45AM | LBT
 10.00AM - 10.45AM | SPIN (THE TRIP)
 11.15AM - 11.45AM | SPIN (RPM)
 11.15AM - 12.30PM YOGA
 12.15PM - 12.45PM | SPIN (SPRINT)
 1.30PM - 2.00PM | DYNAMIC RESISTANCE
 5.00PM - 5.30PM | SPIN (RPM)
 5.15PM - 5.45PM | CIRCUITS
 6.15PM - 7.00PM | SPIN (THE TRIP)
 6.15PM - 7.30PM | YOGA
 7.15PM - 7.45PM | STRENGTH

TUESDAY

9.15AM - 9.45AM | HIIT
 10.00AM - 10.45AM | SPIN (THE TRIP)
 11.15AM - 11.45AM | SPIN (SPRINT)
 11.30AM - 12.00 | AB BLAST
 12.15PM - 12.45PM | SPIN (RPM)
 1.30PM - 2.00PM | LBT
 5.00PM - 5.30PM | SPIN (SPRINT)
 5.15PM - 5.45PM | BODYPUMP
 6.15PM - 7.00PM | SPIN (THE TRIP)
 7.15PM - 7.45PM | GRIT (HIIT)

WEDNESDAY

9.15AM - 9.45AM | HIIT
 10.00AM - 10.45AM | SPIN (THE TRIP)
 11.15AM - 11.45AM | SPIN (RPM)
 12.15PM - 12.45PM | SPIN (SPRINT)
 1.30PM - 2.00PM | HIIT KETTLEBELLS
 5.00PM - 5.30PM | SPIN (RPM)
 5.15PM - 5.45PM | STRENGTH
 6.15PM - 7.00PM | SPIN (THE TRIP)
 7.15PM - 7.45PM | CIRCUITS

THURSDAY

9.15AM - 9.45AM | HIIT
 10.00AM - 10.45AM | SPIN (THE TRIP)
 11.15AM - 11.45AM | SPIN (SPRINT)
 11.30AM - 12.00PM | HIIT
 12.15PM - 12.45PM | SPIN (RPM)
 1.30PM - 2.00 | DYNAMIC RESISTANCE
 2.15PM - 3.30PM | YOGA
 5.00PM - 5.30PM | SPIN (SPRINT)
 5.15PM - 5.45PM | GRIT (HIIT)
 6.15PM - 7.00PM | SPIN (THE TRIP)
 6.15PM - 7.30PM | YOGA
 7.15PM - 7.45PM | BODYPUMP

FRIDAY

9.15AM - 9.45AM | LBT
 10.00AM - 10.45AM | SPIN (THE TRIP)
 11.15AM - 11.45AM | SPIN (RPM)
 11.30AM - 12.00PM | HIIT KETTLEBELLS
 12.15PM - 12.45PM | SPIN (SPRINT)
 1.30PM - 2.00PM | AB BLAST
 5.00PM - 5.30PM | SPIN (RPM)
 5.15PM - 5.45PM | CIRCUITS
 6.15PM - 7.00PM | SPIN (THE TRIP)
 7.15PM - 7.45PM | STRENGTH

SATURDAY + SUNDAY

10.15AM - 10.45AM | SPIN
 11.15AM - 12.00PM | SPIN (THE TRIP)
 12.15PM - 12.45PM | CIRCUITS
 1.15PM - 1.45PM | SPIN (SPRINT)
 2.15PM - 2.45PM | HIIT

FITNESS MEMBERS - BOOK VIA THE APP