



CLASS TIMETABLE

MONDAY

- 06.15 - 06.45 HIIT Cardio
- 09.15 - 10.00 Ride
- 09.15 - 10.15 Shed FiiT
- 10.15 - 11.00 Body Conditioning
- 10.30 - 11.30 Shed FiiT
- 11.15 - 12.15 Pilates
- 18.15 - 19.00 Ride
- 19.15 - 20.15 Yoga

WEDNESDAY

- 09.15 - 10.00 BodyPump
- 09.15 - 10.15 Shed FiiT
- 10.15 - 11.00 Zumba
- 11.15 - 12.00 Kickstart Fitness
- 12.30 - 13.30 Hatha Vinyasa Flow Yoga
- 17.30 - 18.00 HIIT Strength
- 18.00 - 19.00 Shed FiiT
- 18.15 - 19.00 BodyCombat
- 19.15 - 20.00 BodyBalance

FRIDAY

- 06.15 - 06.45 HIIT Cardio
- 08.00 - 08.45 Yoga
- 09.15 - 10.00 Ride
- 09.15 - 10.15 Shed FiiT
- 10.15 - 11.00 BodyPump
- 11.15 - 12.15 BodyBalance
- 17.30 - 17.45 Express Abs
- 18.00 - 18.30 Shed FiiT

TUESDAY

- 06.15 - 06.45 HIIT Strength
- 08.15 - 09.00 Body Conditioning
- 09.15 - 10.00 BodyCombat
- 09.15 - 10.15 Shed FiiT
- 10.15 - 11.15 BodyBalance
- 12.30 - 13.15 Shed FiiT
- 17.00 17.30 Ride Sprint
- 18.00 - 18.45 BodyPump
- 19.00 - 20.00 Circuits

THURSDAY

- 08.15 - 09.00 LBT
- 09.15 - 10.00 Ride
- 09.15 - 10.15 Shed FiiT
- 10.15 - 11.15 Gentle Yoga
- 18.00 - 18.45 BodyPump
- 19.00 - 19.45 Ride

SATURDAY

- 08.15 - 09.00 Ride
- 09.00 - 10.00 Shed FiiT
- 09.15 - 10.00 BodyPump

SUNDAY

- 07.45 - 08.30 Ride
- 08.45 - 09.30 BodyPump
- 09.45 - 10.30 BodyCombat
- 10.00 - 11.00 Shed FiiT
- 10.45 - 11.30 BodyBalance