



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

06.30 - 07.00 **Ride HIIT**
07.30 - 07.45 **Strong Core, Yes Please!**
08.00 - 09.00 **Pilates**
09.15 - 10.00 **BodyPump**
09.15 - 10.15 **Shed FiiT**
10.15 - 11.00 **Zumba**
11.15 - 12.00 **Kickstart Fitness**
12.15 - 13.15 **Stretch & Flow**
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 **Strong Core, Yes Please!**
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 HIIT**
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**
12.30 - 13.15 **Shed FiiT**
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 - 08.15 **Ride HIIT**
08.45 - 09.30 **BodyPump**
09.45 - 10.30 **BodyCombat**
10.00 - 11.00 **Shed FiiT**
10.45 - 11.30 **BodyBalance**