CLASS TIMETABLE

For Class Descriptions
Scroll Down ↓

TIME	MON	TUE	WED	THU	FRI	SAT	SUN
6:00AM	BODY PUMP 60min Karen M >		BODY PUMP 60min Allan >		BODY PUMP 60min Karen M >		
6:15AM	SPIN 45min Simone >	SPIN 45min Broni >	SPIN 45min Peter >	SPIN 45min Broni >	SPIN 45min Peter >		
6:30AM							
8:15AM						SPIN 45min Simone/ Peter FREE	
8:30AM						BODY ATTACK 60min Lauren/ James	PILATES 60min with Linda >
9:15AM	BODY STEP 60min Sharna	SPIN 45min Karen H FREE / RETRO PUMP 60min Amie	CIRCUIT 45min Paula	SPIN 45min Karen H FREE / BODY PUMP 60min Karen H	BODY STEP 60min Sharna		
9:30AM						BODY PUMP 60min Lily/Amie	BODY PUMP 60min Allan >
10:15AM	LIFT 60min Sharna		BUTTS N GUTS 60min Karen H	BODY BALANCE 60min Lisa	PILATES 60min Ane		
10:20AM		PILATES 60min Eve					
10:30AM			FIT 4 BIKE 45min Paula FREE			ZUMBA 60min Paula/ Katie	CARDIO BOX 45min Shandelle >
11:15AM				FIT 4 LIFE 45min Lisa	FIT 4 LIFE 45min Paula		
11:20AM		FIT 4 LIFE 45min Bec W					
11:30AM						YOGA 60min Ben	
12:15PM	YOGA 60min Rick		PILATES 60min Linda		YOGA 60min Tony		
4:00PM							BODY BALANCE 60min Natasha >
5:30PM	SPIN 45min Karen FREE / CARDIO BOX 45min Jason	BODY PUMP 60min Karen H	BODY BALANCE 60min Natasha	PILATES 60min Eve	LIFT 60min Shandelle >		
6:00PM							
6:30PM	BODY PUMP 60min Lily	BUTTS N GUTS 60min Karen H	ZUMBA 60min Katie	BODYATTACK 60min Dylan			
7:30PM		CARDIO BOX 45min Jason >		YIN YOGA 60min Natasha >			

> MEMBER ONLY 24/7 TAG REQUIRED

CLASS INTENSITY LEVEL: SOFT LOW MEDIUM HIGH

BODY ATTACK · BODY BALANCE · BODY PUMP · BODY STEP · CARDIO BOX · BUTTS N GUTS · CIRCUIT · FIT 4 LIFE · ZUMBA · YOGA · YIN YOGA · HIIT PILATES · SPIN · PILATES · LIFT

TEN SOUTH