

FIT | 26 CLASSES

MONDAY

7:00 - 7:45
HYROX

8:00 - 8:45
REFORMERS

9:00 - 9:30
BOX, BURN & TONE

9:35 - 10:20
BODY CONDITIONING

10:30 - 11:00
SPIN

11:00 - 12:00
REFORMERS

12:15 - 13:00
MTND

17:00 - 17:50
PILATES

17:30 - 18:00
HIIT

18:00 - 18:45
BEGINNER REFORMERS

18:00 - 19:00
EXPERIANCE VINYASA

18:00 - 18:45
WARFIT

19:00 - 19:45
BARRE

19:00 - 19:45
CORE & ARMS

TUESDAY

7:00 - 7:45
FUNCTIONAL CIRCUITS

7:15 - 8:00
FEEL GOOD PILATES

8:00 - 8:45
HYROX

8:00 - 8:45
BEGINNER REFORMERS

9:00 - 9:45
BOXERCISE

10:15 - 11:00
REFORMERS

12:05 - 12:35
SPIN

12:40 - 13:10
STRETCH & MOBILITY

17:15 - 18:00
VINYASA FLOW

18:00 - 18:30
BARRE BLAST

18:25 - 18:55
HYROX PRO

19:00 - 19:45
STRENGTH &
CONDITIONING

19:30 - 20:15
DANCE FITNESS

WEDNESDAY

6:15 - 7:00
WARFIT

7:00 - 7:45
HYROX

7:00 - 7:45
ENERGISING FLOW

9:00 - 9:45
BODY BURN

9:30 - 10:00
POWER REFORMERS

13:00 - 13:30
BEGINNER BODY
CONDITIONING

17:30 - 18:00
INTRODUCTION TO
HYROX

18:00 - 19:00
VINYASA FLOW YOGA

18:30 - 19:00
BODY CONDITIONING

THURSDAY

7:00 - 7:30
KETTLEBELL HIIT

7:00 - 7:45
ENERGISING FLOW

7:30 - 8:00
LEGS, BUMS & TUMS

8:00 - 8:45
REFORMERS

9:00 - 9:45
INTRODUCTION TO
HYROX

9:30 - 10:15
BARRE

12:00 - 12:30
SPIN

17:30 - 18:15
KETTLEBELL & ABS

17:00 - 17:50
REFORMERS

18:00 - 18:45
FEEL GOOD PILATES

18:05 - 18:50
SPIN

19:00 - 20:00
YIN YOGA

19:00 - 19:30
LEGS, BUMS & TUMS

FRIDAY

7:00 - 7:45
HYROX

7:15 - 8:00
FEEL GOOD PILATES

8:00 - 8:45
ENERGISING FLOW YOGA

8:15 - 9:00
REFORMERS

9:00 - 9:30
HIIT

9:30 - 10:15
BARRE

9:30 - 10:15
FIZZ FIT FRIDAY

11:00 - 11:45
REFORMERS

12:00 - 12:45
HYROX & SHAKE

12:00 - 13:00
REFORMERS

13:00 - 14:00
PILATES

17:00 - 17:30
SPIN

17:30 - 18:15
REFORMERS

17:35 - 18:20
ARMS & ABS

18:00 - 19:00
RESTORATIVE YOGA

SATURDAY

8:30 - 9:15
PILATES

9:00 - 9:30
HYROX EXPRESS

9:30 - 10:30
POWER FLOW

9:30 - 10:15
REFORMERS

9:40 - 10:10
SPIN

10:30 - 11:00
BODY CONDITIONING

10:40 - 11:25
DANCE FITNESS

11:30 - 12:15
BARRE

SUNDAY

9:00 - 9:45
STRENGTH &
CONDITIONING

9:30 - 10:20
VINYASA FLOW

10:30 - 11:00
PARENT & CHILD
CIRCUITS