

# Fitness Classes Timetable

From Monday 6 of January until Sunday 1 June 2025

MON	TUE	WED	THU	FRI	SAT	SUN
7:30-8:00 HIIT Cycle Spin Studio	7:30-8:00 HIIT Cycle Spin Studio	7:30-8:00 HIIT Cycle Spin Studio	7:30-8:00 HIIT Cycle Spin Studio	7:30-8:00 HIIT Cycle Spin Studio	10:30-11:00 HIIT Cycle Spin Studio	10:30-11:00 HIIT Cycle Spin Studio
8:10-8:40 Strength & Core Fitness Studio	8:10-8:40 HIIT Kettlebells & Core Fitness Studio	8:10-8:40 Strength & Core Fitness Studio	8:10-8:40 Strength & Core Fitness Studio	8:10-8:40 Strength & Core Fitness Studio	12:05-13:05 Yoga* Wellness studio	11:05-12:05 Yoga* Wellness studio
12:15-13:00 Kettlebells & Core Fitness Studio	12:15-13:00 Yogalates Wellness studio	12:15-13:00 Yogalates Wellness studio	13:05-13:50 Body Weight Burn Fitness Studio	13:05-13:55 Pilates* Wellness studio	11:10-11:55 Body Weight Burn Fitness Studio	11:10-11:40 Strength & Core Fitness Studio
12:15-13:00 Yogalates Wellness studio	13:05-13:50 Studio Cycling Spin Studio	13:05-13:50 Studio Cycling Spin Studio	13:15-13:45 HIIT Cycle Spin Studio	13:05-13:50 Body Weight Burn Fitness Studio	* Not included in our Class Pass **Wellness Classes will start from January 13 <sup>th</sup>	
13:05-13:50 Box Fit Fitness Studio	13:05-13:55 Pilates* Wellness studio	13:05-13:50 Box Fit Fitness Studio	17:15-17:45 HIIT Cycle Spin Studio	13:15-13:45 HIIT Cycle Spin Studio		
13:05-13:50 Studio Cycling Spin Studio	13:15-13:45 Strength & Core Fitness Studio	13:05-13:50 Core Strength & Stretching Wellness studio	18:00-18:30 30' Core Strength Fitness Studio	17:15-17:45 HIIT Cycle Spin Studio		
16:15-17:00 Yogalates Wellness studio	16:15-17:00 Yogalates Wellness studio	16:15-17:00 Yogalates Wellness studio	18:05-18:50 Bodyweight Burn Fitness Studio			
17:15-18:00 Pump N Burn Fitness Studio	17:15-18:00 Rip60/Kettlebells Fitness Studio	17:15-18:00 Pump N Burn Fitness Studio				
17:30-18:00 HIIT Cycle Spin Studio	17:30-18:00 HIIT Cycle Spin Studio	18:00-18:30 HIIT Cycle Spin Studio				
18:15-19:00 Kettlebells & Core Fitness Studio	18:15-19:00 Box Fit Fitness Studio	18:15-19:00 Kettlebells & Core Fitness Studio				

