

TIMETABLE

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5.15	Strength	Functional Fit	Boxing	Strength	Boxing	
6.00	Boxing	Strength		Functional Fit	Burn	Boxing
	Barre	Yoga	Barre Pilates	Yoga	Pilates	
		*Reformer	Boxing	*Reformer	*Reformer	
7.00	Strength 30	Boxing 30	Stretch 30	Strength 30	Burn 30	Yoga *Reformer
8.00		Burn 30		Strength 30		Barre
8.30	Burn 30	Strength 30	Boxing 30	Barre 30	Strength 30	
9.15	Yoga	Yoga	Pilates	Yoga	Barre	
	Barre					
	Boxing	Burn	Barre	Strength	Boxing	
	*Reformer	*Reformer		*Reformer	Pilates	
10.30	Pilates	Yin Yoga	Barre	Yin Yoga	Stretch 30	
4.30	Barre 30	Strength 30	Yin Yoga 30	Boxing 30	Burn 30	
5.00	Boxing	Strength	Boxing	Barre	Strength	
	Yin Yoga	Pilates	Yoga	Functional Fit	Yoga	
6.00	Pilates	Yin Yoga	Barre	Yoga		
	Barre	Boxing	Functional Fit	Boxing		
		*Reformer		*Reformer		

**Reformer classes require booking on Mindbody App*

Club Hours

Monday to Friday 5.00am-12.00pm & 4.30pm-7.00pm (6.00pm on Friday)

Saturday - 6.00am-9.00am

Creche - Monday to Friday 9.00am-11.30am