

| MONDAY                                 | TUESDAY                                  | WEDNESDAY                             | THURSDAY                                  | FRIDAY   | SATURDAY                                 | SUNDAY                                    |
|--|--|---------------------------------------|---|--|--|---|
| STRENGTH & TONE<br>06.45 - 07.30       | STUDIO CYCLE<br>06.45 - 07.15            | SPIN<br>06.45 - 07.15                 | KETTLEBELLS<br>06.45 - 07.15              | CIRCUITS<br>06.45 - 07.30                          | KETTLEBELLS<br>07.30 - 07.55             | BODY BLAST HIIT<br>07.30 - 07.50          |
| YOGA<br>09.30 - 10.30                  | MOBILITY<br>07.20 - 07.30                | ABS BLAST<br>07.15 - 07.30            | HIIT BODYWEIGHT BURNOUT<br>07.30 - 07.55  | ABS BLAST<br>07.30 - 07.45                         | BEGINNERS HIIT<br>08.00 - 08.25          | AEROBICS<br>08.00 - 08.45                 |
| KETTLEBELLS<br>10.45 - 11.30           | STRENGTH & TONE<br>09.00 - 10.00         | BOXING BOOTCAMP<br>08.00 - 08.25      | ADVANCED HIIT<br>08.00 - 08.30            | BODY BLAST HIIT<br>08.00 - 08.25                   | FUNCTIONAL FITNESS<br>09.00 - 09.45      | STRENGTH & TONE<br>09.00 - 09.45          |
| MOBILITY & MOVEMENT<br>11.30 - 12.00   | ZUMBA VIRTUAL<br>10.00 - 10.30           | AEROBICS<br>08.45 - 09.15             | GLUTES & CARDIO HIIT<br>08.40 - 08.50     | DANCE VIRTUAL<br>09.00 - 09.45                     | LEGS, BUMS & TUMS<br>10.00 - 10.45       | KETTLEBELLS<br>10.00 - 10.45              |
| HIIT LEGS<br>12.00 - 12.45             | PILATES<br>11.00 - 12.00                 | HOOPERCISE<br>09.30 - 10.15           | STRENGTH & TONE<br>09.15 - 10.15          | LEGS, BUMS & TUMS<br>10.00 - 10.45                 | MOBILITY & MOVEMENT<br>10.45 - 11.15     | LEGS, BUMS & TUMS<br>10.45 - 11.30        |
| STRENGTH<br>13.00 - 13.45              | HIIT BODYWEIGHT BURNOUT<br>12.15 - 12.40 | MOBILITY & MOVEMENT<br>10.30 - 11.00  | MOBILITY & MOVEMENT<br>10.15 - 10.45      | UPPER BODY SCULPT<br>11.00 - 11.30                 | VOICE INSTRUCTED CYCLE<br>11.30 - 12.15  | SWEAT HIIT<br>11.45 - 12.15               |
| DANCER SCULPT & SWEAT<br>14.15 - 14.55 | ABS AND CORE<br>12.45 - 13.05            | KETTLEBELLS<br>12.00 - 12.30          | KETTLEBELLS<br>11.00 - 11.30              | BACK TO BASICS BOOTCAMP<br>12.00 - 12.45           | HIIT CIRCUIT UPPER BODY<br>12.45 - 13.35 | PURE PILATES<br>12.30 - 13.25             |
| PILATES<br>15.15 - 15.45               | VIRTUAL CYCLE<br>13.15 - 14.00           | ABS BLAST<br>12.40 - 13.00            | KICKBOXING CARDIO<br>12.00 - 12.35        | METABOLIC HIIT<br>13.00 - 13.30                    | YOGA FULL BODY FLOW<br>13.35 - 13.45     | BODYWEIGHT BLITZ<br>13.45 - 14.05         |
| KETTLEBELLS<br>16.00 - 16.45           | VIRTUAL TAI CHI<br>14.05 - 14.30         | DANCE<br>13.15 - 13.35                | WEIGHTED MOBILITY<br>13.15 - 13.45        | BOXX KICK INTERMEDIATE<br>13.45 - 14.20            | HIIT CARDIO CHALLENGE<br>16.00 - 16.30   | VIRTUAL STEP CARDIO BEAT<br>14.20 - 14.50 |
| CARDIO CONDITIONING<br>16.55 - 17.15   | BACK TO BASICS BOOTCAMP<br>15.00 - 15.50 | YOGA<br>13.50 - 14.30                 | VOICE INSTRUCTED CYCLE<br>14.00 - 14.30   | EXTREME BURN DUMBBELL<br>BOOTCAMP<br>14.30 - 15.05 | TOTAL CORE BURNER<br>16.35 - 16.50       | DANCE FIT<br>15.15 - 15.50                |
| SPIN<br>17.30 - 18.15                  | ZUMBA<br>16.00 - 16.30                   | VIRTUAL CYCLE<br>15.00 - 15.45        | BOXING BOOTCAMP<br>14.45 - 15.20          | STRENGTH<br>15.10 - 15.50                          | YOGA FULL BODY FLOW<br>16.55 - 17.35     | STRENGTH LEG DAY<br>16.00 - 16.50         |
| RUNNING CLUB<br>18.20 - 18.50          | TABATA<br>16.35 - 16.50                  | STRENGTH HYBRID<br>16.00 - 16.40      | ABS & CORE<br>15.30 - 15.45               | STEP CARDIO BEAT<br>16.00 - 16.35                  | STUDIO CYCLE<br>17.45 - 18.15            | PILATES LOWER BODY<br>16.50 - 17.10       |
| BOXERCISE<br>19.10 - 19.55             | SPEED & AGILITY<br>17.00 - 17.30         | BOXX HIIT UPPER BODY<br>16.45 - 17.05 | WEIGHTED MOBILITY<br>16.00 - 16.30        | HIIT BODYWEIGHT BURNOUT<br>16.40 - 17.10           | HIIT CYCLE<br>18.20 - 18.35              | BOXX HIIT UPPER BODY<br>17.15 - 17.35     |
| ACTIVE YOGA<br>20.00 - 20.35           | SKIP FIT & ABS<br>17.45 - 18.15          | ABS BLAST<br>17.05 - 17.20            | PILATES<br>16.35 - 17.20                  | KETTLEBELLS<br>17.30 - 18.15                       | BODYWEIGHT WORKOUT<br>19.00 - 19.25      | CYCLE TEMPO LADDERS<br>17.45 - 18.50      |
| BEGINNERS HIIT<br>20.30 - 20.40        | LEGS, BUMS & TUMS<br>18.30 - 19.15       | CARDIO BLAST<br>17.30 - 18.15         | YOGA<br>17.45 - 18.45                     | HIIT<br>18.30 - 19.00                              | HIIT FIRE BURN<br>19.30 - 19.50          | HIIT CIRCUIT UPPER BODY<br>19.00 - 19.50  |
|  | STRENGTH & TONE<br>19.15 - 19.30         | VIRTUAL STEP<br>18.20 - 18.50         | FUNCTIONAL FITNESS (GYM)<br>18.30 - 19.15 | STUDIO CYCLE<br>19.15 - 19.45                      | ABS & CORE<br>19.55 - 20.10              | SCULPT & TONE ABS<br>19.55 - 20.15        |
|  | KETTLEBELLS<br>20.05 - 20.30             | MOBILITY & MOVEMENT<br>19.10 - 19.40  | YOGA<br>18.45 - 19.45                     | BIS, TRIS, INNER THIGHS<br>20.00 - 20.55           | PILATES<br>20.15 - 21.10                 | YOGA NIDRA<br>20.20 - 20.55               |
|  | BODY TONE HIIT<br>20.35 - 21.00          | BOXX HIIT FULL BODY<br>20.00 - 20.35  | AEROBICS<br>19.40 - 20.25                 |  |  |   |
|  |  |                                       | LEGS BUMS TUMS<br>20.30 - 20.55           |  |  |   |

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## CLASS INFORMATION

All classes are included in membership and cater for a range of abilities. If you are unsure the class is right for you or have any injuries or illnesses that could affect your participation, or if you simply wish for more information about the class, please speak to our fitness team.