

Monday

Name of Class	Start	Finish	Studio	Duration	Instructor
The Trip	6.20am	7.05am	Spin Studio	45 min	Lias
Hot Pilates	6.30am	7.20am	Loft Studio	50 min	Karen
Kettle Bells	6:30am	7:00am	Studio 2	30 min	James
Body Pump	9:10am	9.55am	Main Studio	45 mins	Dimi
Hour Glass	9.15am	10am	Studio 2	45 mins	Annette
The Trip	10:00am	10:45am	Spin Studio	45 min	Dimi
Yoga	10:00am	10.45am	Main Studio	45 mins	Karen
Pad fit	10.50am	11:35am	Main Studio	45 mins	Dimi
Vinyasa Yoga	11:00am	11.45am	Loft Studio	45 mins	Sally
Hot Pilates	12:30pm	1.15pm	Loft Studio	45 mins	Karen
Hot Yoga	16.30pm	17.15pm	Loft Studio	45 min	Zoe
The Trip	17:00pm	17.45pm	Spin Studio	45 min	Dimi
Body jam	18:00pm	18:45pm	Main Studio	45 min	Anne
Vinayssa Yoga	17:45pm	18:30pm	Loft Studio	45 min	Zoe
The Trip	18:40pm	19:15pm	Spin Studio	45 min	Dimi
HIIT	18:35pm	19:05pm	Studio 2	30 min	Angelica
Zumba	18:55pm	19:40pm	Main Studio	45 min	Andrea
Barre	19:00pm	19:45pm	Loft Studio	45 min	Anne
Vibe	19:30pm	20:15pm	Spin Studio	45 min	Joanne
Body Pump	19:55pm	20:40pm	Main Studio	45 min	Dimi
Lets Ride	20:45pm	21:30pm	Spin Studio	45 min	Dimi

Classes in red are in the spin studio

Classes in brown are in the loft studio

Classes in black are in the main studio

Classes in blue are in studio 2

Classes in green are in the sport performance

Tuesday

Name of Class	Start	Finish	Studio	Duration	Instructor
Grit Strength	6:15am	06:45am	Main Studio	30 min	Brendan
Core	07:00am	07:45am	Main Studio	45 min	Brendan
Body Pump	09:10am	09:55am	Main Studio	45 min	Dimi
Barre	09:15am	10:00am	Loft Studio	45 min	Anne
Body Balance	10:00am	10:45am	Loft Studio	45 min	Anne
Fab Abs, Killer Butt	10:05am	10:50am	Main Studio	45 min	Dimi
Trip	10:55am	11:35am	Spin Studio	45 min	Dimi
Pilates	16:30pm	17:15pm	Loft Studio	45 min	Karen
Zumba	17:00pm	17:45pm	Main Studio	45 min	Sue/Hannah
Body Pump	17:35pm	18:20pm	Studio 2	45 min	Dimi
Hot Pilates	17:30pm	18:15pm	Loft studio	45 min	Karen
Body Combat	17:55pm	18:40pm	Main Studio	45 min	Sue/hannah
The Trip	18:30pm	19:15pm	Spin Studio	45 min	Dimi
Shabam	19:00pm	19:45pm	Main Studio	45 min	Amy
Body Pump	20:00pm	20:45pm	Main Studio	45 min	Dimi
Hot Pilates	20:30pm	21:15pm	Loft Studio	45 min	Karen

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Wednesday

Name of Class	Start	Finish	Studio	Duration	Instructor
Sprint	06:10am	06:40am	Spin Studio	30 min	Brendan/Llias
Pilates	06:30am	07:15am	Loft Studio	45 min	Karen
Trip	06:45am	07:30am	Spin studio	45 min	Brendan/Llias
Vinyasa Flow	09:00am	09:45am	Loft Studio	45 min	Sally
HITT on a bike	09:00am	09:30am	Spin studio	30 min	Dimi
Step Aerobics	09:15am	10:00am	Main Studio	45 mins	Annette
Body Pump	10:00am	10:45am	Main Studio	45 min	Anne
Hot Yoga	10:15am	11:00am	Loft Studio	45 mins	Sally
Body Balance	10:45am	11:30am	Main Studio	45 min	Anne
Pilates	11:30am	12:15pm	Loft Studio	45 min	Karen
Hour glass workout	17:15pm	18:00pm	Main Studio	45 min	Lisa
Zumba	18:00pm	18:45pm	Main Studio	45 min	Sue/Hannah
Hot Pilates	18:15pm	19:00pm	Loft Studio	45 min	Lisa
Kettle Bells	18:15pm	18:45pm	Studio 2	30 min	James
Trip	19:00pm	19:45pm	Spin Studio	45 min	Llias
Legs, Bums, Tums	19:05	19:50pm	Main Studio	45 min	Lisa
Grit Strength	19:55pm	20:25pm	Studio 2	45 min	Llias
Pilates	19:55pm	20:40pm	Main Studio	45 min	Lisa
Hot Pilates	20:45pm	21:30pm	Loft Studio	45 min	Lisa

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Thursday

Name of Class	Start	Finish	Studio	Duration	Instructor
Grit Strength	06:15am	06:45pm	Main Studio	30 min	Brendan
Trip	06:20am	07:05am	Spin Studio	45 min	Michelle
Core	07:00am	07:40am	Main Studio	40 min	Brendan
Body Pump	09:15am	10:00am	Main Studio	45 min	Tuesdae
Pilates	09:15am	10:00am	Loft Studio	45 min	Karen
Train for power	09:15am	09:45am	Studio 2	30 min	James
Trip	09:30am	10:15am	Spin Studio	45 min	Michelle
Pilates	10:15am	11:00am	Loft Studio	45 min	Lisa
Kettle HITT	10:15am	11:00am	Main Studio	45 min	Tuesdae
Step Aerobics	11:05am	11:50am	Main Studio	45 min	Tuesdae
Hot Pilates	11:15am	12:00pm	Loft Studio	45 min	Karen
Pilates	12:30pm	1:15pm	Main Studio	45 min	Karen
Lets Ride	17:30pm	18:15pm	Spin Studio	45 min	Angie
Body Pump	17:15pm	18:00pm	Main Studio	45 min	Anne
Body Balance	18:05pm	18:50pm	Main Studio	45 min	Anne
Kettle Bells	18:15pm	18:45pm	Studio 2	30 min	James
Lets Ride	18:20pm	19:05pm	Spin Studio	45 min	Angelica
Zumba	18:40pm	19:25pm	Main Studio	45 min	Andrea
Grit Athletic	18:55pm	19:25pm	Studio 2	30 min	Llias
Lets Ride	19:30pm	20:15pm	Spin Studio	45 min	Angie
Grit Strength	19:35pm	20:05pm	Main Studio	30 min	Llias

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Friday

Name of Class	Start	Finish	Studio	Duration	Instructor
Body Pump	06:30am	07:15am	Main Studio	45 min	Dimi
Trip	06:50am	07:35am	Spin Studio	45 min	Michelle
Trip	09:15am	10:00am	Spin Studio	45 min	Dimi
Fab Abs, Killer Butt	09:15am	10:00am	Main Studio	45 min	Tuesdae
Body Balance	10:05am	10:50am	Main Studio	45 min	Tuesdae
Kettlebells	10:30am	11:00am	Studio 2	30 min	James
Body Pump	17:15pm	18:00pm	Main Studio	45 min	Anne
Lets Ride	17:30pm	18:15pm	Spin Studio	45 min	Angie
Body Jam	18:00pm	18:45pm	Main Studio	45 min	Anne
Zumba	19:15pm	20:00pm	Main Studio	45 min	Hannah/Sue

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Saturday

Name of Class	Start	Finish	Studio	Duration	Instructor
Equipment Circuit	07:30am	08:15am	Studio 2	45 min	Pep
Trip	07:30am	08:15am	Spin Studio	45 min	Michelle
Body Weight workout	08:25am	09:10am	Studio 2	45 min	Pep
Zumba	08:30am	09:15am	Main studio	45 min	Andrea
Hatha Yoga	08:30am	09:15am	Loft Studio	45 min	Zoe
Barre	09:15am	10:00am	Loft Studio	45 min	Anne
Bootcamp	09:25am	09:55am	Studio 2	30 min	Pep
Trip	09:30am	10:15am	Spin Studio	45 min	Michelle
Hatha Yoga	10:15am	11:00am	Main Studio	45 min	Katy
Pad Fit	10:20am	11:05am	Studio 2	45 min	Pep
Flow Yoga	17:00pm	17:45pm	Loft Studio	45 min	Katy
Hot Yoga	18:00pm	18:45pm	Loft studio	45 min	Katy

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Sunday					
Name of Class	Start	Finish	Studio	Duration	Instructor
Trip	07:10am	07:55am	Spin Studio	45 min	Lias
Grit Strength	08:00am	08:30am	Main Studio	45 min	Lias
Shabam	09:00am	09:45am	Main Studio	45 min	Amy
Lets Ride	09:40am	10:25am	Spin Studio	45 min	Angie
Pilates	10:00am	10:45am	Main Studio	45 min	Karen
Hot Pilates	18:00pm	18:45pm	Loft Studio	45 min	Karen
Lets Ride	18:45pm	19:30pm	Spin Studio	45 min	Angie

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