



Class Timetable November 2018

| | Morning | Lunchtime | Evening |
|------------------|---|---|---|
| Monday | | | 17:30-18:30 - Group Power 18:40-19:10 - Group Core |
| Tuesday | 07:00-07:30 - HIIT Extreme | | 17:15-18:00 - Bootcamp 18:15-19:15 - Pilates |
| Wednesday | 09:30-10:30 - Group Power 10:40-11:10 - Group Core | | 18:00-19:00 - Boxercise 19:00-20:00 - Pilates * |
| Thursday | 07:00-07:30 - HIIT Extreme | 12:00-13:00 - Yoga- Strength and Flexibility 13:00-14:00 - Gentle Yoga/ Mindful Meditation | 17:15-18:00 - Bootcamp |
| Friday | | 11:30-12:30 - Pilates ** | |
| Saturday | Take the day off!! | | |
| Sunday | 10:00- 11:00 Circuits | | |

* From 12th November

** From 16th November

Classes in Gold are included in memberships that include classes or class bundles

Classes in Blue are not included in class memberships or bundles. They are paid directly to the instructor