

CLASS TIMETABLE

MONDAY

Total Body Conditioning
07:00 – 07:45



Spin
07:30 – 08:15



Vibbeatz
12:05 – 12:50



Spin
13:10 – 13:40



Spin
17:45 – 18:30



Yoga
17:45 – 18:30



Pump
18:30 – 19:30



Bootcamp
19:30 – 20:00



TUESDAY

HIIT
07:30 – 08:00



Spin
07:30 – 08:15



Circuits
12:10 – 12:40



LBT
13:10 – 13:40



Tone and sculpt
17:30 – 18:00



Spin
17:45 – 18:30



Pilates
18:00 – 19:00



HIIT
19:30 – 20:00



WEDNESDAY

Bootcamp
07:00 – 07:45



Spin
07:30 – 08:15



LBT
12:10 – 12:40



Abs Blast
13:10 – 13:40



Spin
17:45 – 18:30



Pump
18:00 – 19:00



HIIT
19:30 – 20:00



THURSDAY

Circuits
07:30 – 08:00



Spin
07:30 – 08:15



Spin
12:05 – 12:50



LBT
13:10 – 13:40



Tone and sculpt
17:30 – 18:00



Spin
17:45 – 18:30



Totally Shredded
18:00 – 18:45



Circuits
19:30 – 20:00



FRIDAY

Abs Blast
07:30 – 08:00



Spin
07:30 – 08:15



Yoga
12:05 – 12:50



Spin
13:10 – 13:40



LBT
17:30 – 18:00



Kinetics (HIIT)
18:00 – 18:30



Spin
18:00 – 18:45



SATURDAY

Spin
09:00 – 09:45



Pilates
09:15 – 10:00



Circuits
10:30 – 11:00



SUNDAY

Spin
09:00 – 09:45



Yoga
09:45 – 10:30



CLASS TYPE



CARDIO



STRENGTH



STRETCH



FUNCTIONAL



CIRCUITS



DANCE



MIND & BODY

INSTRUCTOR TYPE



INSTRUCTOR LEAD



VIRTUAL CLASS