

FESTIVE TIMETABLE

Each week is different. To see who is teaching see the app for details

TIME	MON 6/1/25	TUE 7/1/25	WED 8/1/25	THU 9/1/25	FRI 10/1/25	SAT 11/1/25	SUN 12/1/25
5.30am		CYCLE 45	HIIT 45	PILATES			
7.15am						HIIT 45	
8.00am	STRONG SET 45	STEP 30	LITE & LO	STRETCH	TONE UP		CYCLE 45
8.15am						TONE UP 45	
8.30am		BOOTY BURN 30					
9.00am							STRETCH
9.15am		CYCLE 30	LOAD UP 45	LITE & LO			
9.30am	FIGHT FIT 45	LITE & LO		CYCLE 45	ZUMBA 45	HATHA YOGA	
9.50am		ABS BLAST 30					
10.05am			MOVE 2 MUSIC 45				
10.30am	AO50's ----- PILATES		PILATES	TONE UP 45	AO50's ----- CYCLE 45		
10.35am		STRETCH					
11.35am	STRONG & STABLE 45		STRONG & STABLE 45		STRONG & STABLE 45		
4.00pm							ZUMBA 45
4.30pm	PILATES		CYCLE 45				
5.00pm		ZUMBA 45		BODY BLITZ 45	ZUMBA 45		
5.15pm	HIIT 45		LOAD UP				
5.35pm							
5.45pm			PILATES		CYCLE 45		
5.50pm		STRONG SET 45					
6.00pm				FIGHT FIT 45			
6.10pm	TONE UP 45						
6.25pm			HIIT 45				
6.45pm		STRETCH					
7.00pm	CYCLE 45						