

FESTIVE TIMETABLE

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

TIME	MON 13/1/24	TUE 14/1/25	WED 15/1/25	THU 16/1/25	FRI 17/1/25	SAT 18/1/25	SUN 19/1/25
5.30am		CYCLE 45	HIIT 45	PILATES	CYCLE 45		
7.15am						HIIT 45	NON STOP 20
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	PILATES	
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					
11:00am			MINI & ME				
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				HATHA YOGA			
6.10pm	TONE UP 45						
6.25pm			HIIT 45				
6.45pm		VINYASA YOGA					
7.00pm	CYCLE 45						