

Fitness Timetable 2019



Classes are available to members and non-members.

Membership gives advanced booking privileges, and no limits to the number of classes you can attend

Gym Inductions can be booked online or via reception

* Subject to change and only available to members

Monday	07.00-07.30	Park H.I.I.T*	17.30-18.00	Express Spin
	09.20-09.50	Express Spin-Core	18.00-18.45	Spin
	10.00-10.45	Park Shred	18.30-19.00	Park H.I.I.T*
	11.00-11.30	Park H.I.I.T*	19.00-19.45	Spin
	09.30-10.30	Parent & Baby Buggy Fit	19.45-20.45	Pilates
	13.00-14.00	Hatha Yoga	19.00-19.45	Kombat Club
	17.30-18.00	Park H.I.I.T*	20.10-21.00	Zumba
Tuesday	07.00-07.30	Suspension Training	18.00-18.45	Bums, Tums & Thighs
	09.30-10.15	On the Run	18.00-19.00	Hatha Yoga
	09.30-10.15	Parent & Baby Spin	19.00-19.30	Park H.I.I.T*
	09.30-10.00	Park H.I.I.T*	19.00-19.45	Spin
	11.00-11.45	Spin	20.00-20.45	Spin
	13.00-14.00	Pilates	20.00-20.45	Kettelbells
	17.30-18.00	Park H.I.I.T*		
Wednesday	07.00-07.30	Park H.I.I.T*	17.30-18.00	Express Spin
	09.30-10.15	Kettelbells	18.00-18.45	Spin
	10.30-11.30	Cyclofemme	19.00-19.45	Spin
	11.00-11.30	Park H.I.I.T*	20.00-21.00	Pilates
	12.00-12.45	Zumba	20.00-20.45	Park SHRED
	13.00-13.45	Parent & Baby H.I.I.T*		
Thursday	06.45-07.30	Sunrise Yoga	17.30-18.00	Park H.I.I.T*
	09.15-10.00	Vinyasa Yoga	18.30-19.15	Spin
	09.30-10.00	Park H.I.I.T*	19.15-20.00	Bootcamp
	10.15-11.00	Parent & Baby Kettelbells	19.30-20.00	H.I.I.T
	12.15-13.00	Spin	20.05-20.50	Bums, Tums & Thighs
	13.30-14.30	Pilates		
Friday	07.00-07.30	Park H.I.I.T*	18.30-19.15	Spin
	09.30-10.30	Kombat Club		
	10.30-11.30	Pilates		
	11.00-11.30	Park H.I.I.T*		
Saturday	08.00-09.00	Fusion Yoga		
	08.00-08.45	Spin		
	08.30-09.00	Park H.I.I.T*		
	09.00-09.45	Kettelbells		
	10.00-10.30	Express Spin		
	11.30-12.00	Park H.I.I.T*		
Sunday	08.15-08.45	Core30		
	09.00-09.30	Park H.I.I.T*		
	09.00-09.45	Spin		
	09.45-10.15	Park H.I.I.T*		