

# TIMETABLE

29 APRIL – 2 MAY

ALL CLASSES ARE SUBJECT TO CHANGE PLEASE CHECK ONLINE

STUDIO 1								
TIME	MONDAY 26 APRIL	TUESDAY 27 APRIL	WEDNESDAY 28 APRIL	THURSDAY 29 APRIL	FRIDAY 30 APRIL	TIME	SATURDAY 1 MAY	SUNDAY 2 MAY
6:10AM	ANZAC DAY	BODYPUMP	BODYPUMP	BODYPUMP	BODYPUMP 45	8:10AM	BODYSTEP	
7:10AM		BODYBALANCE	BODYPUMP 45	YOGA	CXWORX	9:10AM	BODYPUMP	
9:10AM			BODYPUMP	BODYPUMP/CXWORX	BODYPUMP 45	10:10AM	BODYJAM	
10:10AM		BODYBALANCE			BODYCOMBAT	11:10AM	BODYPUMP	
11:10AM			YOGA	BODYBALANCE	YOGA	12:10PM	YOGA	
12:10PM		YOGA	BODYPUMP 45	BODYPUMP 30	BODYPUMP 45	3:10PM	BODYBALANCE	
12:40PM				CXWORX		4:10PM	BODYCOMBAT	
1:10PM		BODYPUMP 30	BODYBALANCE		BODYBALANCE	5:10PM	BODYPUMP	
1:40PM		CXWORX						
4:10PM		BODYPUMP 30	BODYPUMP 45	BODYATTACK 45				
4:40PM		CXWORX						
5:10PM		BODYATTACK	BODYCOMBAT	BODYPUMP	BODYATTACK			
6:10PM		BODYPUMP	BODYJAM	BODYATTACK	BODYPUMP			
7:10PM		BODYBALANCE	BODYPUMP	BODYCOMBAT				

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STUDIO 2								
TIME	MONDAY 26 APRIL	TUESDAY 27 APRIL	WEDNESDAY 28 APRIL	THURSDAY 29 APRIL	FRIDAY 30 APRIL	TIME	SATURDAY 1 MAY	SUNDAY 2 MAY
5:30AM	ANZAC DAY	BODYPUMP 30 (V)	BODYPUMP 30 (V)	BODYPUMP 30 (V)	BODYPUMP 30 (V)	7:15AM		TONE
6:15AM		BODYSTEP 45	BODYBALANCE 45	TONE	BODYATTACK 45	7:30AM	BODYCOMBAT	
7:00AM		CXWORX (V)	CXWORX (V)	CXWORX (V)	BODYBALANCE (V)	8:00AM	BODYCOMBAT	
9:00AM		BODYPUMP	BODYBALANCE (V)	BODYPUMP (V)	BODYBALANCE (V)	8:10AM		BODYPUMP 45
10:00AM		GRIT STRENGTH (V)	BODYPUMP 45	GRIT STRENGTH (V)	BODYPUMP 45 (V)	9:00AM	CXWORX	CORE
10:45AM		CXWORX (V)	CXWORX (V)	CXWORX (V)	CXWORX (V)	9:30AM	YOGA	BODYSTEP 45
11:30AM		BODYPUMP 30 (V)	GRIT STRENGTH (V)	BODYPUMP 30 (V)	GRIT STRENGTH (V)	10:15AM		STRETCH
12:15PM		BODYPUMP 30 (V)	BODYCOMBAT 30 (V)	BODYPUMP 30 (V)	CXWORX (V)	10:30AM	BODYATTACK	
12:50PM		BODYATTACK 30	CXWORX	GRIT CARDIO (V)	CXWORX (V)	11:10AM		BODYOUMP
1:30PM		BODYPUMP (V)	BODYPUMP (V)	BODYPUMP (V)	BODYPUMP (V)	11:30AM	BARRE	
4:15PM			YOGA	STRETCH	BODYPUMP 30 (V)	12:15AM	BODYBALANCE 45 (V)	
5:15PM		BODYCOMBAT	CXWORX	BODYBALANCE	CXWORX	1:00PM	CXWORX (V)	
6:00PM					BARRE	1:15PM		BODYPUMP (V)
4:40PM		TONE	BODYSTEP		BODYBALANCE	2:00PM		<b>EXCLUSIVE PREVIEW STRENGTH DEVELOPMENT</b>
6:15PM				CXWORX		3:00PM	BODYPUMP 30 (V)	
7:00PM		CXWORX	BODYBALANCE	BODYBALANCE		3:10PM		<b>LIVE BODYBALANCE</b>
8:15PM		BODYBALANCE 45	BODYBALANCE 45	BODYBALANCE 45		3:30PM	GRIT STRENGTH (V)	
						4:10PM		BODYPUMP/BODYATTACK
						5:10PM		BODYBALANCE
						6:00PM		<b>GRIT CARDIO LIVE STREAMING</b>

# TIMETABLE

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CYCLE STUDIO								
TIME	MONDAY 26 APRIL	TUESDAY 27 APRIL	WEDNESDAY 28 APRIL	THURSDAY 29 APRIL	FRIDAY 30 APRIL	TIME	SATURDAY 1 MAY	SUNDAY 2 MAY
5:10AM	ANZAC DAY	THE TRIP (V)		THE TRIP (V)		7:20AM	RPM	RPM (V)
5:15AM			SPRINT (V)		SPRINT (V)	8:20AM	SPRINT	RPM
6:10AM		RPM	RPM	RPM	RPM	9:20AM	THE TRIP	THE TRIP
7:10AM		RPM	THE TRIP	SPRINT	THE TRIP	10:30AM	SPRINT	THE TRIP
9:30AM		THE TRIP	RPM	THE TRIP	RPM	11:10AM	SPRINT (V)	
10:30AM		RPM (V)	RPM (V)	RPM (V)	RPM (V)	12:10PM	RPM (V)	RPM (V)
11:30AM		SPRINT (V)	SPRINT (V)	SPRINT (V)	SPRINT (V)	1:10PM	THE TRIP (V)	THE TRIP (V)
12:10PM		RPM	SPRINT	RPM	SPRINT	2:45PM	SPRINT (V)	SPRINT (V)
12:50PM			THE TRIP		THE TRIP	3:30PM	RPM (V)	RPM (V)
1:10PM		THE TRIP (V)		THE TRIP		4:30PM	THE TRIP	THE TRIP
3:30PM		SPRINT (V)	SPRINT (V)	SPRINT (V)	SPRINT (V)			
4:15PM		THE TRIP	THE TRIP	THE TRIP	THE TRIP			
5:20PM		RPM	THE TRIP	RPM	THE TRIP			
6:20PM		THE TRIP	SPRINT	THE TRIP	SPRINT (V)			
7:20PM		RPM (V)	RPM (V)	RPM (V)	RPM (V)			
8:20PM		SPRINT (V)	SPRINT (V)	SPRINT (V)				