

TIMETABLE - THE CYCLE STUDIO CLASSES



FROM 31ST OCTOBER 2023

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
07:15 - 07:45 SPRINT (Virtual)	09:30 - 10:15 Kettlebells	07:15 - 07:45 SPINT (Virtual)	09:45 - 10:30 Kettlebells	07:00 - 07:45 Power Yoga	08:30 - 09:00 BodyCombat	
09:45 - 10:30 Active Woman	10:30 - 11:15 RPM (Virtual)	09:45 - 10:30 Core	10:45 - 11:30 RPM (Virtual)	09:45 - 10:30 RPM	09:15 - 10:00 RPM (Virtual)	
10:45 - 11:15 Core	12:00 - 12:30 SPRINT (Virtual)	10:45 - 11:30 RPM	12:00 - 12:30 SPRINT (Virtual)	10:45 - 11:45 Pilates	10:15 - 11:15 BodyBalance	
17:00 - 17:30 SPRINT (Virtual)	13:00 - 13:45 Social Spin	12:15 - 12:45 SPRINT (Virtual)	13:00 - 13:45 Social Spin	16:45 - 17:30 RPM (Virtual)		
17:45 - 18:30 RPM	17:45 - 18:30 RPM	18:15 - 19:00 SpinFit	17:00 - 17:30 SPRINT (Virtual)	17:45 - 18:15 SPRINT (Virtual)		
	18:45 - 19:30 Core	19:20 - 20:05 Active Woman	17:45 - 18:30 RPM	18:30 - 19:00 BodyCombat		
			19:00 - 20:00 BodyBalance			

TIMETABLE - DEWARS CLASSES



FROM 31ST OCTOBER 2023

MONDAY

09:30 - 10:30
Pilates

10:45 - 11:45
BodyBalance

12:00 - 13:00
Yoga

13:10 - 14:10
Tai Chi

18:40 - 19:25
Pilates

TUESDAY

10:50 - 11:50
BodyBalance

12:00 - 12:45
Pilates

WEDNESDAY

09:30 - 10:30
Pilates

10:45 - 11:45
Yoga

17:30 - 18:15
Pilates

18:30 - 19:30
Zumba

19:45 - 20:45
BodyCombat
(North Inch Community
Campus)

THURSDAY

10:45 - 11:45
BodyBalance

12:00 - 13:00
Pilates

19:00 - 20:00
Yoga

FRIDAY

13:15 - 14:15
Yoga

SATURDAY

SUNDAY

TIMETABLE - FITNESS STUDIO 1 CLASSES



FROM 31ST OCTOBER 2023

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
07:00 - 07:30 HIIT	07:00 - 07:45 Core	07:00 - 07:30 HIIT	07:00 - 07:45 Core	07:00 - 07:45 HIIT	08:45 - 09:45 BodyPump	09:00 - 10:00 Circuits
09:40 - 10:25 BodyCombat	09:40 - 10:40 BodyPump	09:30 - 10:15 Yoga	09:30 - 10:30 Tums Bums Thighs	09:30 - 10:30 BodyPump	10:00 - 11:00 BodyAttack	10:10 - 11:10 BodyCombat
10:40 - 11:40 Circuits	10:55 - 11:55 Tum, Bums & Thighs	13:45 - 14:45 Zumba	10:45 - 11:45 BodyPump	10:45 - 11:45 Zumba		
12:00 - 13:00 Social Circuits	13:45 - 14:30 Social Areobics	17:30 - 18:15 Circuits	17:00 - 17:30 Metafit	12:00 - 13:00 Social Circuits		
17:30 - 18:15 Circuits	17:00 - 17:30 Metafit	18:25 - 19:10 BodyAttack	17:45 - 18:45 BodyPump	17:30 - 18:15 Circuits		
18:25 - 19:10 BodyAttack	17:40 - 18:25 BodyPump	19:20 - 20:05 BodyPump				
19:20 - 20:20 Yoga	18:40 - 19:25 BodyCombat					