

# MAIN STUDIO

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
6AM	BodyPump	HIIT Circuit		HIIT Circuit	HIIT Bodyweight	
6:15AM			BodyPump			
7AM		HIIT Strength	HIIT Circuit	HIIT Strength	Boxing	
7:05AM	HIIT Bodyweight					
8AM						HIIT Circuit
9:15AM		BodyPump	Abs & Core	BodyPump		BodyPump
10:15AM	Abs & Core				Abs & Core	
10:20AM		HIIT Circuit		HIIT Circuit		
11:20AM					Wyser Stretch & Core	
1PM	Wyser Cardio & Weights		Wyser Cardio & Weights			
5:15PM		HIIT Circuit				
5:30PM	HIIT Circuit		HIIT Circuit	Abs & Core		
6:15PM		BodyPump				
6:30PM	HIIT Strength		Abs & Core	HIIT Circuit		

# CYCLE STUDIO

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6AM			Cycle Stages				
6:15AM	Cycle HIIT				Cycle Stages		
7AM		Cycle HIIT		Cycle HIIT			
8AM				Cycle Stages		Cycle Stages	
8:15AM			Cycle Stages		Cycle Stages		
9AM						Cycle Stages	
9:15AM	Cycle Stages	Cycle Stages			Cycle Stages		Cycle Stages
10AM						Cycle Stages	
11:45AM			Cycle Wyser				
6PM	Cycle Stages		Cycle Stages				
6:15PM		Cycle Rhythm					

# YOGA AND MAT PILATES

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6AM	Vinyasa Flow						
7AM	Mat Pilates	Vinyasa Flow	Mat Pilates	Hot Yoga	Vinyasa Flow		
7:15AM						Mat Pilates	
8AM	Hot Mat Pilates				Hot Stretch & Mobility	Ashtanga Yoga	
8:05AM		Stretch & Mobility					
8:10AM		Vinyasa Flow					
9:15AM	Restore Yoga	Ashtanga Yoga	Mat Pilates	Vinyasa Flow	Vinyasa Flow	Hot Yoga	Ashtanga Yoga
10:30AM			Wyser Gentle Yoga		Wyser Gentle Yoga		Rocket Yoga
11:45AM		Wyser Mat Pilates					
12PM				Wyser Mat Pilates			
3PM							Hatha Yoga
4PM							Hatha Yoga
5:15PM					Vinyasa Flow		
5:30PM		Vinyasa Flow					
6PM	Vinyasa Flow		Vinyasa Flow				
6:30PM	Yin Yoga	Hot Yoga		Hot Yoga			
7PM			Yin Yoga				

# REFORMER STUDIO

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6AM	Reformer	Reformer	Reformer	Reformer	Reformer		
7AM	Reformer	Reformer	Reformer	Reformer	Reformer		
8AM	Reformer	Reformer	Reformer	Reformer	Reformer	Reformer	
8:15AM							Reformer
9AM	Reformer	Reformer	Reformer	Reformer	Advanced Reformer	Reformer	
9:15AM							Reformer
10AM	Reformer	Reformer	Reformer		Reformer	Reformer	
10:15AM							Reformer
11AM	Reformer	Reformer	Reformer	Reformer	Reformer	Reformer	
12PM	Wyser Reformer	Reformer	Reformer		Reformer	Reformer	
1PM		Wyser Reformer	Reformer	Wyser Reformer			
5PM		Reformer	Reformer				
6PM	Reformer	Reformer	Reformer	Reformer			
7PM	Reformer	Reformer	Reformer	Reformer			



SCAN HERE TO BOOK  
VIA OUR CLIENT  
PORTAL

*This timetable is subject to change.*