

CLASS TIMETABLE 2026

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MONDAY		
TIME	CLASS	LOCATION
06:30 - 07:15	BURN	STUDIO 1
08:00 - 08:25	CORE CONDITIONING	STUDIO 1
08:00 - 09:15	ASHTANGA YOGA	STUDIO 2
08:30 - 09:25	PILATES	STUDIO 1
09:30 - 10:25	LBT	STUDIO 1
09:30 - 10:25	BODYATTACK	STUDIO 2
10:30 - 11:15	SPIN	SPIN STUDIO
10:30 - 11:25	PILATES	STUDIO 1
10:30 - 11:30	BODYBALANCE	STUDIO 2
11:30 - 12:15	AQUA	POOL
11:45 - 12:15	YAH CIRCUITS	STUDIO 2
11:45 - 12:45	BODYPUMP	STUDIO 1
12:30 - 13:30	DANCEFIT	STUDIO 2
13:00 - 14:00	LBT GOLD	STUDIO 1
16:30 - 17:15	TEEN FIT	GYM
18:30 - 19:25	BODYPUMP	STUDIO 1
18:30 - 19:30	ZUMBA	STUDIO 2
19:00 - 19:45	SPIN	SPIN STUDIO
19:30 - 20:25	BODYCOMBAT	STUDIO 1
20:30 - 21:30	STRETCH & ALIGN	STUDIO 1

TUESDAY		
TIME	CLASS	LOCATION
07:00 - 07:45	BLITZ! HIIT	STUDIO 1
08:00 - 08:45	KETTLEBELLS	STUDIO 1
09:00 - 09:25	CORE CONDITIONING	STUDIO 1
09:25 - 10:20	BODYATTACK	STUDIO 2
09:30 - 10:25	LBT	STUDIO 1
09:45 - 10:30	SPIN	SPIN STUDIO
10:30 - 11:25	PILATES	STUDIO 1
10:30 - 11:30	VINYASA YOGA	STUDIO 2
10:45 - 11:30	AQUA	POOL
11:00 - 11:30	50+ GYM	GYM FLOOR
11:30 - 12:25	YOUNG AT HEART	STUDIO 1
11:45 - 12:45	STRETCH & MOBILITY	STUDIO 2
12:30 - 13:30	PILATES GOLD	STUDIO 1
13.30 - 14:30	TONING & CONDITIONING	STUDIO 1
16:30 - 17.15	TEEN FIT	GYM
18:15 - 18:55	TOTAL BODY CONDITIONING	STUDIO 2
18:15 - 19:00	BURN	STUDIO 1
19:00 - 20:00	ADVANCE PILATES	STUDIO 1
19:15 - 20:00	SPIN	SPIN STUDIO
19:15 - 20:30	HATHA YOGA	STUDIO 2

WEDNESDAY		
TIME	CLASS	LOCATION
06:45 - 07:45	PILATES	STUDIO 1
08:00 - 09:00	BODYPUMP	STUDIO 1
08:45 - 09:30	BODYCOMBAT	STUDIO 2
09:15 - 10:15	BODYPUMP	STUDIO 1
09:30 - 10:00	CIRCUITS	GYM
09:45 - 10:40	ZUMBA	STUDIO 2
10:30 - 11:15	AQUA	POOL
10:45 - 11:45	BODYBALANCE	STUDIO 2
10:45 - 11:45	FLOOR BASED LBT	STUDIO 1
12:00 - 12:45	SPIN	SPIN STUDIO
13:00 - 14:00	VINYASA YOGA	STUDIO 1
18:15 - 19:00	DISCO AQUA	POOL
18:15 - 19:15	PILATES	STUDIO 2
18:30 - 19:30	LBT	STUDIO 1
19:30 - 20:15	BLITZ! HIIT	STUDIO 2
19:35 - 20:35	BODYPUMP	STUDIO 1

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THURSDAY

TIME	CLASS	LOCATION
07:00 - 08:00	PILATES	STUDIO 2
08:00 - 08:45	SPIN	SPIN STUDIO
08:00 - 08:45	KETTLEBELLS	STUDIO 1
09:00 - 10:15	VINYASA YOGA	STUDIO 1
09:15 - 09:45	SPIN	SPIN STUDIO
09:25 - 10:25	HATHA YOGA	STUDIO 2
10:00 - 10:45	AQUA	POOL
10:25 - 11:25	YIN YOGA	STUDIO 1
10:25 - 11:40	HATHA YOGA	STUDIO 2
11:30 - 12:00	50+ GYM	GYM FLOOR
12:00 - 12:50	TONING & CONDITIONING	STUDIO 2
12:00 - 12:55	YAH DANCE	STUDIO 1
12:55 - 13:55	PILATES	STUDIO 2
13:00 - 14:00	PILATES	STUDIO 1
18:00 - 18:55	BODYPUMP	STUDIO 1
18:00 - 18:55	LBT	STUDIO 2
18:15 - 18:55	SPIN	SPIN STUDIO
18:30 - 19:15	AQUA	POOL
19:00 - 19:55	BODYCOMBAT	STUDIO 1
20:00 - 21:00	PILATES	STUDIO 1

FRIDAY

TIME	CLASS	LOCATION
07:00 - 07:45	BURN - CIRCUITS	STUDIO 1
08:00 - 08:55	BODY COMBAT	STUDIO 2
08:00 - 08:45	SPIN	SPIN STUDIO
08:15 - 08:55	LBT	STUDIO 1
09:00 - 09:40	TOTAL BODY CONDITIONING	STUDIO 1
09:30 - 10:15	SPIN	SPIN STUDIO
09:45 - 10:40	LBT	STUDIO 1
09:45 - 10:40	ZUMBA	STUDIO 2
10:45 - 11:45	PILATES	STUDIO 1
11.15 - 12:15	PILATES	STUDIO 2
11:55 - 12:55	PILATES	STUDIO 1
12:45 - 13:45	TAI CHI	STUDIO 2
13:00 - 14:00	PILATES	STUDIO 1
19:00 - 20:00	HATHA YOGA	STUDIO 1

SATURDAY

TIME	CLASS	LOCATION
08:00 - 08:45	KETTLEBELLS	STUDIO 2
08:15 - 09:15	BODYCOMBAT	STUDIO 1
08:45 - 09:25	SPIN	SPIN STUDIO
09:30 - 10:25	DANCEFIT	STUDIO 2
09:30 - 10:30	BODYPUMP	STUDIO 1
10:30 - 11:30	BODYBALANCE	STUDIO 2
10:45 - 12:15	HATHA YOGA	STUDIO 1

SUNDAY

TIME	CLASS	LOCATION
08:00 - 09:00	TAI CHI	STUDIO 2
09:00 - 09:45	TOTAL BODY STRENGTH	STUDIO 1
10:00 - 10:45	SPIN	SPIN STUDIO
10:00 - 11:00	ZUMBA	STUDIO 2
10:30 - 11:25	TONING & CONDITIONING	STUDIO 1
11:30 - 12:30	BODYBALANCE	STUDIO 2

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