

MONDAY

6.00am	Metafit HIIT Training	30mins
6.30am	BODYATTACK	30mins
7.05am	Virtual BODYPUMP	30mins
7.35am	Virtual CXWORX	30mins
9.30am	TOTAL TONE	60mins
10.45am	Virtual BODYCOMBAT	60mins
12.00pm	Virtual BODYPUMP	30mins
12.30pm	Virtual CXWORX	30mins
1.00pm	Virtual BODYCOMBAT	30mins
1.30pm	Virtual BODYBALANCE	30mins
5.00pm	Virtual SH'BAM	30mins
5.30pm	Virtual BODYCOMBAT	30mins
6.00pm	STEP & STRENGTH	60mins
7.30pm	CLUBBERCISE	60mins

TUESDAY

6.00am	BODYPUMP	60mins
7.05am	Virtual BODYBALANCE	30mins
7.35am	Virtual SH'BAM	30mins
9.30am	BODYCOMBAT	60mins
10.45am	Virtual BODYBALANCE	60mins
12.00pm	Virtual SH'BAM	30mins
12.30pm	Virtual BODYPUMP	30mins
1.00pm	Virtual CXWORX	30mins
1.30pm	Virtual BODYBALANCE	30mins
5.00pm	Virtual CXWORX	30mins
5.30pm	Virtual BODYCOMBAT	30mins
6.00pm	BODYPUMP	60mins
7.00pm	BODYJAM	60mins

WEDNESDAY

6.00am	Virtual BODYBALANCE	60mins
7.05am	Virtual BODYPUMP	30mins
7.35am	Virtual BODYCOMBAT	30mins
9.30am	BALLETBARRE	60mins
10.45am	Virtual BODYPUMP	30mins
11.15am	Virtual CXWORX	30mins
12.00pm	Virtual BODYCOMBAT	30mins
12.30pm	Virtual BODYBALANCE	30mins
1.00pm	Virtual BODYPUMP	30mins
1.30pm	Virtual CXWORX	30mins
5.00pm	Virtual CXWORX	30mins
5.30pm	Virtual SH'BAM	30mins
6.00pm	BODYPUMP	60mins
7.00pm	YOGA	60mins

THURSDAY

6.00am	LES MILLS TONE	45mins
7.05am	Virtual CXWORX	30mins
7.35am	Virtual BODYBALANCE	30mins
9.30am	BODYPUMP	60mins
10.45am	Virtual BODYBALANCE	60mins
12.00pm	Virtual SH'BAM	30mins
12.30pm	Virtual CXWORX	30mins
1.00pm	Virtual BODYBALANCE	30mins
1.30pm	Virtual BODYPUMP	30mins
5.00pm	Virtual BODYPUMP	60mins
6.00pm	BODYCOMBAT	60mins
7.00pm	BODYJAM	60mins

FRIDAY

6.00am	Metafit HIIT Training	30mins
6.30am	BODYPUMP	30mins
7.05am	Virtual BODYBALANCE	30mins
7.35am	Virtual BODYCOMBAT	30mins
9.30am	BODYBALANCE	60mins
10.45am	Virtual SH'BAM	45mins
12.00pm	Virtual BODYPUMP	30mins
12.30pm	Virtual CXWORX	30mins
1.00pm	Virtual BODYCOMBAT	30mins
1.30pm	Virtual BODYBALANCE	30mins

SATURDAY

8.00am	Virtual CXWORX	30mins
8.30am	Metafit HIIT Training	30mins
9.00am	BODYPUMP	30mins
10.00am	BODYATTACK	60mins

SUNDAY

8.00am	Virtual BODYPUMP	30mins
8.30am	Virtual CXWORX	30mins
9.00am	BALLETBARRE	60mins
10.15am	LES MILLS TONE	45mins

Classes can be booked up to 5 days in advance.

Cancellations must be done a minimum of 60 minutes prior to class.

Please arrive 5 minutes early.

Participants should bring a water bottle and sweat towel.