

# CLASS TIMETABLE

JUNE  
2026

## MONDAY

6:30 - 7:00	Weights / HIIT	Kim
7:00 - 7:30	Indoor Cycling	Kim
17:30 - 18:15	Boxercise	Queenie
18:15 - 19:15	Vinyasa Flow Yoga	Amber
19:20 - 20:20	Yin Yoga	Amber

## TUESDAY

6:30 - 7:00	Weights / HIIT	Kim
17:30 - 18:15	Strike HIIT	Queenie
18:20 - 18:50	Indoor Cycling	Kim

## WEDNESDAY

6:30 - 7:00	Weights / HIIT	Kim
7:00 - 7:30	Indoor Cycling	Kim
17:30 - 18:15	Dance Fit	Amber
18:30 - 19:30	Vinyasa Flow Yoga	Amber

## THURSDAY

17:30 - 18:15	Circuit	Karen
18:20 - 18:50	Abdominal Workout	Karen

## FRIDAY

17:30 - 18:15	Indoor Cycling	Karen
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## SATURDAY

9:30 - 10:30	WOD ( <i>Workout of the Day</i> )	Karen
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## SUNDAY

10:00 - 11:00	Hatha Yoga	Amy
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