

CLASS TIMETABLE

JULY
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
18:15 - 19:00	Body Pump	Charlotte

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

11:30 - 12:00	Kettlebells	Charlotte
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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