

WEEK 3 *Monday 30 December -
Sunday 5 January*

NOTE: Timetable is subject to change.
Always check ActiveWorld App for most
up-to-date class schedule.

MAIN STUDIO

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:00am					Virtual - BODYCOMBAT®		
7:00am	Virtual - LM CORE®	Virtual - BODYBALANCE®	Virtual - BODYPUMP®	Virtual - BODYCOMBAT®	Virtual - BODYPUMP®		
8:15am						BODYPUMP®	
8:30am							BODYSTEP®
9:30am	BODYPUMP®	#BARRE	BODYPUMP®	BODYATTACK®	BODYPUMP®	BODYCOMBAT®	BODYPUMP®
10:30am	BODYBALANCE®	Yoga	BODYBALANCE®	BODYPUMP®	LM CORE®	Mat Pilates	Mat Pilates
11:30am	Mat Pilates	Mat Pilates			Zumba®^		BODYBALANCE®
12:30pm	Virtual - BODYCOMBAT®						#DANCE
5:15pm		Virtual (30) - BODYCOMBAT®	Virtual - LM CORE®	Virtual (30) - BODYPUMP®			
5:30pm	BODYPUMP®				Virtual - BODYBALANCE®		
6:00pm					Mat Pilates		
6:30pm	BODYCOMBAT®						
7:15pm	#DANCE						
8:00pm	BODYBALANCE®						

* Zumba (Family Friendly) - school-aged kids welcome at no charge, but must be accompanied and supervised by a parent or guardian participating in the class also.
^ Access for All Abilities - focused on improving muscle strength, flexibility and balance. Functional exercises to assist those with physical and / or mental disabilities.
Please arrive 10min prior to class to discuss your needs with the instructor.
~ Circuit session in the Coaching Zone studio for ALL members.

CYCLE STUDIO

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:00am				Virtual SPRINT®	Cycle		
7:00am	Virtual SPRINT®	Virtual RPM®	Virtual SPRINT®	Virtual RPM®	Virtual SPRINT®		
8:30am							Virtual SPRINT®
9:30am	Virtual SPRINT®			Virtual SPRINT®	Virtual RPM®		
10:30am	Virtual RPM®	Virtual RPM®	Virtual SPRINT®	Virtual RPM®	Virtual RPM®		
12:30pm	Virtual SPRINT®	Virtual RPM®	Virtual RPM®	Virtual SPRINT®	Virtual SPRINT®		
5:30pm	Virtual SPRINT®				Virtual RPM®		
6:00pm							
6:30pm				Virtual SPRINT®			

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REFORMER STUDIO

*Reformer classes only available to Silver and Gold membership levels.

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:00am							
7:00am					Reformer		
7:30am						Reformer	
8:30am		Reformer				Reformer	Reformer
9:30am	Reformer	Reformer		Reformer	Mat Pilates	Reformer	Reformer
10:30am	Reformer		Reformer	Reformer	Reformer		
11:30am			Reformer				
5:00pm	Reformer			Reformer	Reformer		
6:00pm	Reformer			Reformer			
7:00pm	Mat Pilates						

#Class is located in the Creche on the Ground Floor.

AQUA

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
8:30am							
9:30am	Aqua				Aqua Warm		
10:30am	Aqua Zumba®				Aqua Warm		
11:30am				Aqua Warm			
12:30pm				Aqua Warm			

COACHING ZONE®

*Coaching Zone only available to Gold membership level.

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:00am	HIIT	Adrenaline		Afterburn			
7:30am						Adrenaline	
8:30am							Boxing
9:30am	Adrenaline		Strong	Strong	Afterburn		
6:00pm	Afterburn			HIIT			