









RPM Studio

Time	Mon	Tue	Wed	Thur	Fri	Sat	Sun
6:10am							
8:30am							
9:30am							
6:30pm							

Group Fitness Studio

Time	Mon	Tue	Wed	Thur	Fri	Sat	Sun
9:30 am		Yoga Vinyasa Flow (9:00am)	6am—HIIT Circuit 		Yoga Restorative Slow Flow		 (9.15am) Express Class
10:30 am	Trifecta Tone 45mins	Pilates			Meditation (30mins)		
11:30am	Active Adults	Active Adults	Active Adults	Active Adults			
5:30 pm			HIIT Circuit 30min				
6:00 pm	Boxing 45mins	HIIT Circuit 30mins					
6.30 pm				Boxing			
7.00 pm		Yoga Restorative					
7:30pm			Pilates				

**Timetable
Starting
February
2019**

**CLASS OF
THE MONTH:
HIIT**
Bring a
friend to try
for **FREE!**

**New classes
6am weds
and 530pm**

Opening Hours:

Mon-Thurs:
6am - 9pm
Friday: 6am - 8pm
Sat: 8am - 3pm
Sun: 9am - 1pm

