

Class Timetable

Monday

07:00 – 08:00	Fit Camp ^P	Burn / Sculpt	60 mins
07:15 – 07:45	Connect Bike	Burn	30 mins
08:00 – 08:30	Row n' Lift	Burn	30 mins
12:15 – 12:45	Barre	Spirit	30 mins
13:00 – 13:30	HIIT	Burn / Sculpt	30 mins
18:15 – 19:15	Fit Camp ^P	Burn / Sculpt	60 mins
19:30 – 20:30	Hot Yoga ^P	Spirit	60 mins

Tuesday

07:00 – 08:00	Fit Camp ^P	Burn / Sculpt	60 mins
07:15 – 08:15	Hot Yoga ^P	Spirit	60 mins
08:00 – 08:30	HIIT	Burn / Sculpt	30 mins
12:45 – 12:45	Row	Burn	30 mins
13:00 – 13:30	Connect Bike	Burn	30 mins
18:15 – 19:15	Fit Camp ^P	Burn	60 mins
19:30 – 20:30	HIIT	Burn / Sculpt	60 mins

Wednesday

07:00 – 08:00	Fit Camp ^P	Burn / Sculpt	60 mins
07:15 – 07:45	Row	Burn	30 mins
08:00 – 08:30	Connect Bike	Burn	30 mins
12:15 – 12:45	HIIT	Burn / Sculpt	30 mins
13:00 – 13:30	Yoga	Spirit	30 mins
18:15 – 19:15	Fit Camp ^P	Burn / Sculpt	60 mins
19:30 – 20:30	Connect Bike	Burn	60 mins

Thursday

07:00 – 08:00	Fit Camp ^P	Burn / Sculpt	60 mins
07:15 – 07:45	HIIT	Burn / Sculpt	30 mins
08:00 – 08:30	Barre	Spirit	30 mins
12:15 – 12:45	Barre	Spirit	30 mins
13:00 – 13:30	Connect Bike	Burn	30 mins
18:15 – 19:15	Fit Camp ^P	Burn / Sculpt	60 mins
19:30 – 20:30	Hot Yoga ^P	Spirit	60 mins

Friday

07:00 – 08:00	Fit Camp ^P	Burn / Sculpt	60 mins
07:15 – 07:45	Yoga	Spirit	30 mins
08:00 – 08:30	HIIT	Burn / Sculpt	30 mins
12:15 – 12:45	Row	Burn	30 mins
13:00 – 13:30	Connect Bike	Burn	30 mins
18:15 – 19:15	Fit Camp ^P	Burn / Sculpt	60 mins

Saturday

09:15 – 09:45	HIIT	Burn / Sculpt	30 mins
10:15 – 11:15	Hot Yoga ^P	Spirit	60 mins
11:30 – 12:00	Row n' Lift	Burn	30 mins

Sunday

09:15 – 09:45	Barre	Spirit	30 mins
10:15 – 11:15	Hot Yoga ^P	Spirit	60 mins
11:30 – 12:00	Connect Bike	Burn	30 mins