

CLASS TIMETABLE



		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY							
MORNING	6:00 - 12:00	6:15 - 7:00	CIRCUITS (CHRIS)	6:15 - 7:00	SPIN (DOUGIE)	6:05 - 6:45	THUMP (BOXING) (DOUGIE)	6:15 - 7:00	CIRCUITS (CIARAN)	6:15 - 6:45	HIIT STEP (JEN)	8:10 - 8:55	BODY COMBAT (JEN)	10:30 - 11:00	QUEENAX CIRCUITS (FITNESS STAFF)
		9:30 - 10:15	BODY PUMP (PAULINE)	6:15 - 6:45	META PWR (MARK)	6:15 - 7:00	SPIN (GRAEME)	9:30 - 10:15	SPIN (RHYS)	6:15 - 7:00	SPIN (CHRIS O)	9:00 - 9:45	SPIN (BRIAN)		
				9:30 - 10:00	FATBURN EXTREME (SAM)	9:30 - 10:00	QUEENAX CIRCUITS (FITNESS STAFF)			9:15 - 10:00	LEGS, BUMS & TUMS (DAYNA)	9:00 - 9:45	BODY PUMP (CAROL)		
						10:00 - 11:00	YOGA (CAT)			10:00 - 11:00	YOGA (CAT)	10:00 - 10:45	BODY ATTACK (CAROL)		
DAYTIME	12:00 - 17:00	12:30 - 13:00	CORE BLAST (FITNESS STAFF)	12:30 - 13:00	QUEENAX CIRCUITS (CHRIS)	12:30 - 13:00	SPIN (DAYNA)	12:30 - 13:00	CORE BLAST (FITNESS STAFF)	12:30 - 13:00	CIRCUITS (CHRIS)			13:00 - 14:00	YOGA (RACHEL)
EVENING	17:00 - 21:00	17:45 - 18:45	BODY COMBAT (KATE)	17:30 - 18:00	BEGUNNERS SPIN (CHRIS O)	17:15 - 17:45	QUEENAX CIRCUITS (FITNESS STAFF)	17:20 - 17:50	FATBRUN EXTREME (FBX) (SAM)	17:15 - 18:00	SPIN (RHYS)				
		18:15 - 19:00	SPIN (BRIAN)	17:30 - 18:00	HIIT (CIARAN)	17:45 - 18:15	HIIT STEP (JEN)	18:00 - 18:45	TRI FIT (GRAEME)						
		18:45 - 19:45	BODY PUMP (FIONA)	18:00 - 19:00	BODY PUMP (FIONA)	18:30 - 19:30	BODY COMBAT (JEN)	18:30 - 19:30	THUMP (BOXING) (DOUGIE)						
		20:00 - 21:00	YOGA (STEPHEN)	19:00 - 20:00	BODY ATTACK (FIONA)	18:00 - 18:45	SPIN (STEVEN)	19:30 - 20:15	KETTLEBELLS (CIARAN)						
				19:00 - 19:45	SPIN (DAYNA)	19:35 - 20:35	LEGS, BUMS & TUMS (CHRIS O)	20:15 - 20:45	QUEENAX CIRCUITS (FITNESS STAFF)						
				20:05 - 20:35	CORE BAST (FITNESS STAFF)										
				20:05 - 20:35	META PWR (MARK)										

- INTERVAL
- STRENGTH
- CARDIO
- MIND & BODY



Classes are all free of charge to members and can be booked via our easy to use New Age Fitness App 24 hours in advance.