

# Weekly Class Timetable



Morning

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:15-7am Spin	6:15-7:15am Circuits	6:15-7am Spin	6:15-7:15am Circuits	6:15-7am Spin	8-8:45am Zumba	10-11am Body Pump
9:30-10:15am Body Pump	9:15-9:55am LBT	9:20-10:05am Boxing	9:30-10am Spin	9:30-10am Metafit	8:50-9:35am Body Combat	11:05-12:05pm Yoga
	9:25-9:55am Queenax	9:30-10am Queenax	9:15-10am LBT	11:15-12:15am Circuits	9-9:45am Spin	
	10-11am Yoga		10:15-11:15am Yoga		9:45-10:15am Core	
					10:15-11:15am Thai Boxing	

Afternoon

12:30-1pm HIIT	12:30-1pm SWEAT	12:30-1pm Queenax	12:30-1pm SWEAT	12:30-1pm Spin
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Evening

5:15-6pm Body Pump	5:15-5:45pm Spin	5:25-5:55pm Fatburn Ext	5:30-6pm Spin
5:30-6:15pm Spin	5:45-6:30pm Body Pump	6-6:45pm LBT	6-6:45pm Body Pump
6-6:30pm Body Attack	6:30-7:15pm Spin	6:30-7:15pm Spin	6:50-7:20pm Core
6:45-7:30pm Spin	6:45-7:30pm Circuits	6:45-7:15pm Body Attack	7:30-8:30pm Thai Boxing
8-8:45pm Yoga		7:30-8:30pm Yoga	

- Cardio
- Strength
- Dance
- Combat
- Conditioning/Functional
- Interval
- Mind & Body

Classes can be booked 7 days in advance via The New Age Fitness app.  
Please ensure you turn up on time or you may be refused entry. This timetable may be subject to change