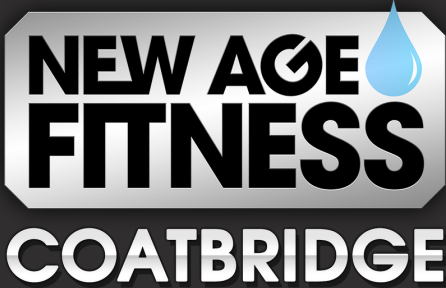


Weekly Class Timetable



Morning

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:15-7am Circuits	6:15-7am Spin	6:15-7am Spin	6:15-7am Spin	6:15-7am Spin	8:10-8:55am Body Combat	10:15-10:45am Queenax
6:15-7am Spin	6:30-7am Queenax	6:15-7am Queenax	6:15-7am LBT	6:15-7am HIIT Step	9:05-9:50am Body Pump	
9:30-10:15am Body Pump	9:30-10am Fat Burn Ext	9:30-10am Body Burn	9:30-10:15am Spin	9:15-10am LBT	9:15-10am Spin	
10:20-11:05am Body Toning	10:15-11am Zumba	10:15-11:15am Yoga	10-10:30am Queenax	10:15-11:15am Yoga	9:55-10:45am Body Attack	

Afternoon

12:30-1pm Core Blast	12:30-1pm Spin	12:30-1pm Spin	12:30-1pm Spin	12:30-1pm Spin
1-1:30pm Queenax	1-1:30pm Queenax	1-1:30pm Queenax	1-1:30pm Queenax	1-1:30pm Queenax

Evening

5:00-5:30pm Dancefit	5-5:30pm Spin	5-5:30pm Queenax	5:15-5:45pm Fatburn Ext	5:15-6pm Spin
5:30-6:15pm Body Combat	5-5:30pm Queenax	5-5:30pm LBT	6-6:45pm Tri Fit	5:30-6:30pm Zumba
6:15-7pm Lift Lean	5:30-6:15pm Body Pump	5:35-6:05pm HIIT Step	7-7:45pm Body Pump	
6:30-7:15pm Spin	6:20-7:05pm Body Attack	6:15-7pm Body Attack	7-7:45pm Spin	
7:20-8:05pm BodyPump	7-7:45pm Spin	6:30-7:15pm Spin	7:50-8:35pm Body Toning	
8:15-9:15pm Yoga		7:30-8:15pm Kettlebells		

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

Classes can be booked 24 hours 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