

CLASS TIMETABLE

Monday	08:00 – 08:30	Circuit	Gymnasium
	09:50 – 10:20	TF Athletic	Fitzone
	10:30 – 11:00	TF Strength	Fitness Suite
	17:45 – 18:30	Pilates	Gymnasium
	17:45 – 18:30	Studio Cycling	Fitzone
	18:30 – 19:15	Body Conditioning	Gymnasium
	19:15 – 20:00	TF Pump	Gymnasium

Tuesday	17:45 – 18:30	Zumba	Gymnasium
	17:45 – 18:45	Iyengar Yoga	Motion Capture
	18:30 – 19:15	Kettlebells	Gymnasium
	19:15 – 20:00	Studio Cycling	Fitzone

Wednesday	08:00 – 08:30	Women's Circuit	Gymnasium
	08:30 – 09:00	Women's Circuit	Gymnasium
	09:50 – 10:20	TF Athletic	Fitzone
	10:30 – 11:00	TF Strength	Fitness Suite
	18:15 – 18:45	TF Conditioning	Fitzone
	18:25 – 19:10	LBT	Gymnasium
	19:00 – 19:30	TF Conditioning	Fitzone
	19.10 -19.55	TF Pump	Gymnasium

CLASS TIMETABLE

Thursday	17:30 - 18:15	Pilates	Gymnasium
	18:30 - 19:15	Box Cardio	Gymnasium
	18:45 - 19:30	Studio Cycling	Fitzone
	19:15 - 20:00	Body Conditioning	Gymnasium

Friday	08:00 - 08:30	Women's Circuit	Gymnasium
	09:50 - 10:20	TF Athletic	Fitzone
	10:30 - 11:00	TF Strength	Fitness Suite
	13:00 - 13:45	Pilates	Gymnasium
	17:15 - 17:45	TF Conditioning	Fitzone
	18:00 - 18:30	TF Conditioning	Fitzone

Saturday	09:15 - 10:00	LBT	Gymnasium
	09:15 - 09:45	TF Core	Fitness Suite
	10:00 - 10:30	Studio Cycling	Fitzone
	10:00 - 10:45	Pilates	Gymnasium

Sunday	10:15 - 10:45	Studio Cycling	Fitzone
	11:00 - 11:30	TF Strength	Fitness Suite



**Book your classes via
the Technogym App**

