

# CLASS TIMETABLE

<b>Monday</b>	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
	18:30 – 19:15	Body Conditioning	Gymnasium
	18:30 – 19:15	Studio Cycling	Fitzone
	19:15 – 20:00	TF Pump	Gymnasium

<b>Tuesday</b>	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

<b>Wednesday</b>	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

<b>Thursday</b>	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

<b>Friday</b>	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

<b>Saturday</b>	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

<b>Sunday</b>	10:15 – 10:45	Studio Cycling	Fitzone
	11:00 – 11:30	TF Strength	Fitness Suite



**Book your classes via  
the Technogym App**

