

# CLASS TIMETABLE

## Monday

08.00 - 08.45 TF 45 - *Gymnasium*

10.00 - 10.30 TF Athletic - *Fitness Suite*

10.30 - 11.00 TF Strength - *Fitness Suite*

17.45 - 18.30 Body Conditioning - *Gymnasium*

18.30 - 19.15 Pilates - *Gymnasium*

18.30 - 19.15 Studio Cycling - *Spin Studio*

19.15 - 20.00 TF Pump - *Gymnasium*

## Tuesday

07.15 - 07.45 Express Studio Cycling - *Spin Studio*

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 - *Spin Studio*

19.15 - 20.00 Box Fit - *Gymnasium*

## Wednesday

08.00 - 08.30 Women's Strength Circuit - *Gymnasium*

08.30 - 09.00 Women's Strength Circuit - *Gymnasium*

10.00 - 10.30 TF Athletic - *Fitness Suite*

10.30 - 11.00 TF Strength - *Fitness Suite*

13.00 - 13.30 Express Studio Cycling - *Spin Studio*

17.45 - 18.45 Ashtanga Vinyasa Yoga - *Gymnasium*

19.00 - 19.45 HIIT - *Gymnasium*

# CLASS TIMETABLE

## Thursday

13.15 - 13.45 Express Kettlebells - *Gymnasium*

17.30 - 18.15 Beginners Pilates - *Gymnasium*

18.30 - 19.15 Box Cardio - *Gymnasium*

18.45 - 19.30 Studio Cycling - *Spin Studio*

19.15 - 20.00 Body Conditioning - *Gymnasium*

## Friday

07.15 - 07.45 Express Studio Cycling - *Spin Studio*

08.00 - 08.30 Women's Strength Circuit - *Gymnasium*

10.00 - 10.30 TF Athletic - *Fitness Suite*

10.30 - 11.00 TF Strength - *Fitness Suite*

13.00 - 13.45 Pilates - *Gymnasium*

## Saturday

09.15 - 10.00 Legs, Bums & Tums - *Gymnasium*

09.15 - 09.45 TF Core - *Motion Capture*

10.00 - 10.30 Studio Cycling - *Spin Studio*

10.00 - 10.45 Pilates - *Gymnasium*

## Sunday

10.15 - 10.45 Studio Cycling - *Spin Studio*

11.00 - 11.30 TF Strength - *Fitness Suite*



Book your classes via the  
Technogym App

