

Fitness Classes Timetable

From Monday 1 September until Sunday 21 December 2025

MON	TUE	WED	THU	FRI	SAT	SUN
7:10-7:40 HIIT Cycle Spin Studio	7:10-7:40 HIIT Cycle Spin Studio	7:10-7:40 HIIT Cycle Spin Studio	7:10-7:40 HIIT Cycle Spin Studio	7:10-7:40 HIIT Cycle Spin Studio	9:30-10:30 Hyrox S&C* Ancillary Hall	10:30-11:00 HIIT Cycle Spin Studio
7:50-8:20 Strenght & Core Fitness studio	7:50-8:20 HIIT Kettlebells & Core Fitness Studio	7:05-8:20 Strength & Core Fitness studio	7:50-8:20 Strength & Core Fitness Studio	7:50-8:20 Strength & Core Fitness studio	10:30-11:00 HIIT Cycle Spin Studio	11:05-12:05 Yoga* Wellness studio
12:15-13:00 HIIT Kettlebells & Core Fitness Studio	12:15-13:00 Yogalates Wellness studio	12:15-13:00 Yogalates Wellness Studio	13:00-14:00 Hyrox S&C* Ancillary Hall	13:05-13:55 Pilates* Wellness Studio	12:05-13:05 Yoga* Wellness studio	11:15-11:45 Strength & Core Fitness Studio
12:15-13:00 Yogalates Wellness Studio	13:05-13:55 Studio Cycling Spin Studio	13:05-13:50 Studio Cycling Spin studio	13:15-13:45 HIIT Cycle* Spin Studio	13:05-13:50 Bodyweight Burn Fitness Studio	* Not included in our Class Pass	
13:05-13:50 Box Fit Fitness Studio	13:05-13:55 Pilates* Wellness Studio	13:05-13:50 Boxfit Fitness studio	17:30-18:30 Hyrox S&C* Ancillary Hall	13:15-13:45 HIIT Cycle Spin Studio		
13:05-13:50 Studio Cycling Spin Studio	13:15-13:45 Strenght & Core Fitness Studio	13:05-13:50 Core Strenght & Streching Wellness Studio	17:45-18:15 30' Core Strength Fitness Studio	18:15-18:45 HIIT Cycle Spin Studio		
16:15-17:00 Yogalates Wellness Studio	13:00-14:00 Hyrox S&C* Ancillary Hall	16:15-17:00 Yogalates Wellness Studio	18:15-18:45 HIIT Cycle Spin Studio			
17:15-18:00 Pump N Bum Fitness Studio	16:15-17:00 Yogalates Wellness Studio	17:15-18:00 Pump N Bum Fitness Studio				
18:15-18:45 HIIT Cycle Spin Studio	17:30-18:00 HIIT Rip60/ Kettlebells Fitness Studio	18:15-18:45 HIIT Cycle Spin Studio				
18:15-19:00 Kettlebells & Core Fitness Studio	17:30-18:30 Hyrox S&C* Ancillary Hall	18:15-19:00 Kettlebells & Core Fitness Studio				
	18:15-18:45 HIIT Cycle Spin Studio					
	18:15-19:00 Boxfit Fitness Studio					



