

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
7:15 - 8:00		Vinyasa Yoga	Cycle CS			
8:00 - 8:30	HIIT Cardio	Abs Blast	Combat Circuit	Abs Blast	HIIT Cardio	
10:30 - 11:15						Zumba
11:30 - 12:15						Vinyasa Yoga
12:15 - 13:00	Strength + Sculpt	Hatha Yoga	LBT	Yin Yoga	Strength + Sculpt	
13:15 - 13:45	Cycle CS	HIIT Cardio	Cycle CS	Combat Circuit	Cycle CS	
14:00 - 14:30						
17:30 - 18:15	Zumba Cycle CS	Strength + Sculpt	Vinyasa Yoga	LBT	Zumba	
18:30 - 19:15	Flex + Flow			Cycle CS		

Peak Members have access to all our Qmotion classes.
 Off-Peak Members have access to classes between 7:00am - 3:00pm Monday to Friday and anytime on weekends.
 All classes will be held in our Mind & Body Studio except Cycle in the Cycle Studio **CS**.