

Qmotion Group Class Timetable

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
7.15-8.00		Vinyasa Yoga				
8.00-8.30	HIIT Cardio	Abs Blast	HIIT Strength	Circuit	Box Fit	
10.00-10.30	Circuit	HIIT Strength	Box Fit	HIIT Cardio	Abs Blast	
10.30-11.15						Zumba
11.30-12.15						Vinyasa Yoga
12.15-13.00	Zumba	Yin Yoga	LBT	Hatha Yoga Boot Camp Cycle	Strength + Sculpt	
13.15-13.45	Box Fit	Circuit	Abs Blast		HIIT Cardio	
17.30-18.15	Cycle Zumba	Strength + Sculpt	Vinyasa Yoga	LBT	Zumba	
18.30-19.15	Flex and Flow	Pilates Boot Camp Cycle		Warrior Fitness		



Peak Members have access to all our Qmotion classes. Off-Peak Members have access to classes Monday to Friday between 7am-3pm and anytime on weekends. All classes will be held in our Mind & Body Studio except Boot Camp Cycle and Cycle which take place in the Cycle Studio.