

Group Class

Timetable

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
7:15-7:45	HIIT Cardio M&B Studio		Bootcamp Cycle Cycle Studio		Circuits M&B Studio	
8:00-8:30	Abs Blast M&B Studio		Stretch M&B Studio		Mobility M&B Studio	
10:30-11:15						Zumba M&B Studio
11:30-12:15						Vinyasa Yoga M&B Studio
12:15-13:00	Metcon Performance Studio Barre Active Studio	Build & Box M&B Studio Dance Fit Active Studio	X-Fit Performance Studio Pilates M&B Studio	Engine Performance Studio Hatha Yoga M&B Studio	KB-Fit Performance Studio Cycle Cycle Studio Yogalates M&B Studio	
17:30-18:15	Zumba M&B Studio Cycle Cycle Studio	Circuits M&B Studio Ballet Fit Active Studio	Vinyasa Yoga M&B Studio Metcon Performance Studio	Bootcamp Cycle Cycle Studio Barre Active Studio	Peak members: Access to every class Off-peak members: Access to classes starting before 3pm	
18:30-19:15	Flex & Flow M&B Studio	Yogalates M&B Studio		Pilates M&B Studio		