

Holiday Group Class Timetable



Special Holiday Timetable running 15 December – 26 January

No classes between 24 December – 4 January

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
7:15–7:45						
8:00–8:30	Abs Blast M&B Studio				KB-Fit Performance Studio	
10:30–11:15						Circuits M&B Studio
11:30–12:15						
12:15–13:00	Metcon Performance Studio Barre* Active Studio	Build & Box M&B Studio	X-Fit Performance Studio	Engine Performance Studio Hatha Yoga M&B Studio	Cycle Cycle Studio Yogalates M&B Studio	
13:15–14:00						Metcon Performance Studio
17:30–18:15	Zumba* M&B Studio Bootcamp Cycle Cycle Studio	X-Fit Performance Studio Ballet Fit* Active Studio	Vinyasa Yoga M&B Studio	Bootcamp Cycle Cycle Studio Barre Active Studio		
18:30–19:15	Flex & Flow* M&B Studio	Yogalates* M&B Studio		Pilates M&B Studio		

Peak members: Access to every class | **Off-peak members:** Access to classes starting before 3pm

Classes showing an asterix () will not run 22 & 23 December