Group Class Timetable

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

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
MORNING		7:30-8:30 **GYM FOUNDATIONS** Gym Floor	8:00-8:45 **METCON** Performance Studio	10:00-11:00 **GYM FOUNDATIONS** Gym Floor		10:30-11:15 **ZUMBA** M&B Studio 10:30-11:30 **GYM FOUNDATIONS** Gym Floor 11:30-12:30 **VINYASA YOGA** M&B Studio
AFTERNOON	12:15-13:00 **KB FIT** Performance Studio 12:15-13:15 **YOGALATES** M&B Studio	12:15-13:00 **HIIT STRENGTH** Performance Studio	12:15-13:00 **BOOTCAMP CYCLE** Cycle Studio 12:15-13:15 **FLOW YOGA** M&B Studio	12:15-13:00 **X-FIT** Performance Studio 12:15-13:15 **HATHA YOGA** M&B Studio	12:15-13:00 **KB FIT** Performance Studio 12:15-13:15 **YOGALATES** M&B Studio	
EVENING	17:30-18:15 **ZUMBA** M&B Studio 17:30-18:15 **BOOTCAMP CYCLE** Cycle Studio 18:30-19:15 **FLEX & FLOW** M&B Studio	17:30-18:15 **BALLET FIT** Active Studio 18:30-19:30 **PILATES** M&B Studio	17:30-18:15 **VINYASA YOGA** M&B Studio	17:30-18:15 **BOOTCAMP CYCLE** Cycle Studio		

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