

















Timetable subject to change please call to book

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TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	TIME	SATURDAY
6:15AM	 GROUP RIDE®	BOXING CIRCUIT	 GROUP POWER®	CARDIO CIRCUIT	 GROUP CENTERGY®	730AM	 GROUP RIDE®
9:30AM					 GROUP ACTIVE®	830AM	 GROUP POWER®
1230PM	 GROUP POWER®	Drop In/Drop Out Circuit	 GROUP RIDE®	Drop In/Drop Out Circuit	30min Group Core	930AM	30min Group Core
4.45PM		 GROUP RIDE®		 GROUP POWER®			
5:30PM	 GROUP KICK®	 GROUP POWER®	 GROUP STEP®	 GROUP RIDE®	 GROUP groove®		
6:15PM	30min Group Core	 GROUP CENTERGY®	Stretch and Core Conditioning	30min Group Core			

