

Virtual Group Fitness Timetable

Virtual Classes in the Main Studio							
	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5.45am							
6.45am							
7.15am							
7.45am							
11.45am							
12.15pm							
1.15pm							
2.00pm							
2.30pm							
3.00pm							
4.00pm							
5.00pm							
5.30pm							
6.00pm							
6.30pm							
6.45pm							
7.05pm							
7.30pm							
7.45pm							
8.00pm							
8:45pm							

Indicates 30min class
 Indicates 45min class
 Indicates Tutorial class
 Indicates Beginner class

The timetable is accurate at the time of the printing but may change. Check the website for the live and most up-to-date timetable.