

TIMETABLE

SUNDAY

10:00–11:30 INTERMEDIATE VINYASA YOGA
NEW TIME

17:15–18:15 PIYO **NEW**

18:30–19:30 CANDLELIGHT YOGA

19:45–20:45 YIN YOGA **NEW**

MONDAY

07:00–08:00 DDP YOGA

09:30–10:30 BODYPUMP

12:10–12:40 METAFIT

17:30–18:15 BOX FITNESS **NEW**

18:30–19:15 TABATA CIRCUIT **NEW**

19:30–20:00 INSANITY **NEW TIME**

20:00–21:00 VINYASA YOGA **NEW TIME**

TUESDAY

08:15–09:15 PILATES **NEW**

09:30–10:30 PIYO

10:45–11:45 HIP HOP FITNESS
(WOMEN ONLY)

13:00–14:00 YOGA FUSION **NEW**

15:45–16:30 FAMILY YOGA **NEW TIME**
(STARTS 1ST MAY)

17:30–18:00 INSANITY

18:10–19:00 FUNCTIONAL CIRCUITS

19:10–19:55 LEGS, BUMS & TUMS

20:00–21:00 HATHA YOGA

WEDNESDAY

07:15–08:00 TABATA CIRCUIT **NEW**

08:00–08:30 METAFIT **NEW**

09:30–10:30 VINYASA YOGA

13:00–14:00 GENTLE YOGA **NEW**
(SUITABLE FOR SENIORS)

17:30–18:00 METAFIT

18:10–19:00 CIRCUITS **NEW TIME**

18:15–19:15 LEITH LINKS BOOTCAMP **NEW**
(STARTS 2ND MAY)

19:10–19:55 PIYO **NEW TIME**

20:00–21:00 VINYASA **NEW TIME**

THURSDAY

09:30–11:00 ASHTANGA YOGA

12:10–12:40 METAFIT

13:00–14:00 CIRCUITS **NEW**

14:00–15:15 SENIORS FITNESS **NEW**
(STARTS 3RD MAY)

17:00–18:00 BODYPUMP

18:10–19:00 PIYO

19:10–19:50 HATTON BOXING

20:00–21:00 DDP YOGA **NEW**

FRIDAY

07:15–08:00 BREAKFAST CIRCUITS **NEW!**

09:30–10:30 PILATES

10:45–11:45 BARRE STRETCH FITNESS

12:10–12:40 TABATA CIRCUIT **NEW**

17:45–18:15 METAFIT **NEW TIME**

18:30–19:30 BODYPUMP **NEW TIME**

20:00–21:00 HATHA YOGA **NEW TIME**

SATURDAY

09:00–09:45 LEGS, BUMS & TUMS

10:00–11:15 VINYASA YOGA

11:30–12:15 BODYPUMP

12:30–13:00 METAFIT

Projekt

