

TIMETABLE

SUNDAY

10:30–11:30 VINYASA YOGA
17:15–18:00 HATTON BOXING **NEW TIME**
18:00–18:30 METAFIT **NEW TIME**
18:30–19:30 VINYASA YOGA
19:45–20:45 YIN YOGA

MONDAY

07:00–08:00 DDP YOGA
09:30–10:30 BARRE FLOOR FITNESS
10:45–11:45 WOMEN ONLY YOGA
12:10–12:40 TABATA CIRCUIT
17:30–18:00 MOTIVAT8 BOXFITNESS HIIT **NEW**
18:10–19:00 COMBAT CARDIO **NEW**
19:10–19:55 BODYPUMP
20:00–20:30 METAFIT
20:30–21:30 PILATES & YOGA MIX

TUESDAY

07:00–08:00 ENERGISE VINYASA YOGA **NEW**
09:30–10:30 BODYPUMP
13:00–14:00 PIYO
17:30–18:00 MOTIVAT8 HIIT
18:10–19:00 FUNCTIONAL CIRCUITS
19:10–19:55 LEGS, BUMS & TUMS
20:00–21:00 HATHA YOGA

WEDNESDAY

08:00–09:00 ROCKET YOGA® **NEW**
10:45–11:45 PILATES
12:10–12:40 TABATA CIRCUIT
13:00–14:00 VINYASA YOGA
16:00–17:00 HATHA YOGA
17:30–18:00 ZUU HIIT **NEW**
18:10–19:00 WEIGHT TRAINING CIRCUITS
19:05–19:25 BELLY BLASTERS
19:30–20:15 PIYO
20:30–21:30 VINYASA YOGA

THURSDAY

09:30–11:00 ASHTANGA YOGA
13:00–14:00 GENTLE CIRCUITS
17:00–18:00 BODYPUMP
18:10–19:00 LEGS, BUMS & TUMS
19:10–19:55 HATTON BOXING
20:00–20:30 METAFIT
20:30–21:30 DDP YOGA

FRIDAY

07:15–08:00 CIRCUIT CLASS
09:30–10:30 PILATES
10:45–11:45 VINYASA YOGA
12:10–12:40 TABATA CIRCUIT
17:30–18:00 METAFIT
18:15–19:00 BODYPUMP
19:10–19:55 BARRE STRETCH FITNESS
20:00–21:00 HATHA YOGA

SATURDAY

09:00–09:45 LEGS, BUMS & TUMS
10:00–11:15 VINYASA YOGA
11:30–12:15 BODYPUMP
12:30–13:00 MOTIVAT8 BOXFITNESS HIIT **NEW**