

VIRTUAL

GROUP EXERCISE TIMETABLE FROM 23RD JULY



Day	Time	Class	Location	Info
Monday	07:30 - 08:00	Grit Athletic	Dance Studio	HIIT Classes
Monday	09:15 - 09:45	Sprint	Cycle Studio	Cycle Classes
Monday	13:15 - 13:45	Core	Dance Studio	HIIT Classes
Monday	13:15 - 13:45	RPM	Cycle Studio	Cycle Classes
Monday	16:00 - 16:45	The Trip	Cycle Studio	Cycle Classes
Monday	16:00 - 17:00	Grit Cardio	Dance Studio	HIIT Classes
Monday	21:00 - 21:45	BodyPump	Dance Studio	Strength & Conditioning Classes
Tuesday	06:30 - 07:00	Grit Cardio	Dance Studio	HIIT Classes
Tuesday	08:30 - 09:45	The Trip	Cycle Studio	Cycle Classes
Tuesday	10:00 - 10:30	RPM	Cycle Studio	Cycle Classes
Tuesday	14:45 - 15:15	Sprint	Cycle Studio	Cycle Classes
Tuesday	15:30 - 16:15	Body Balance	Dance Studio	Mind & Body Classes
Tuesday	16:15 - 17:00	The Trip	Cycle Studio	Cycle Classes
Tuesday	16:15 - 17:00	Body Pump	Dance Studio	Strength & Conditioning Classes
Tuesday	20:45 - 21:30	The Trip	Cycle Studio	Cycle Classes
Tuesday	21:45 - 22:15	Core	Dance Studio	Mind & Body Classes
Wednesday	07:15 - 07:45	Grit Athletic	Dance Studio	HIIT Classes
Wednesday	08:00 - 08:45	Body Combat	Dance Studio	Martial Arts Classes
Wednesday	09:30 - 10:00	Sprint	Cycle Studio	Cycle Classes
Wednesday	11:30 - 12:15	The Trip	Cycle Studio	Cycle Classes
Wednesday	16:30 - 17:00	RPM	Cycle Studio	Cycle Classes
Wednesday	21:00 - 21:50	RPM	Cycle Studio	Cycle Classes

All Cycling virtual classes and can only be accessed via the Fitness Centre. i.e. for Fitness Centre users who have completed an Induction. Users do so at their own risk and should understand that no direct supervision is given outside of Instructor led sessions.

Cycle Classes	Cardio & Dance Classes	HIIT Classes
Mind & Body Classes	Strength & Conditioning Classes	
Martial Arts Classes	Aqua Classes	

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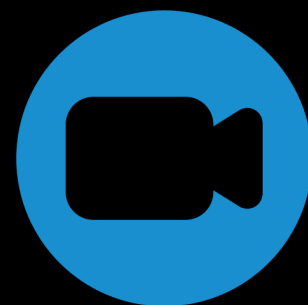
Day	Time	Class	Location	Info
Thursday	06:30 - 07:00	Body Combat	Dance Studio	
Thursday	08:30 - 09:15	The Trip	Cycle Studio	
Thursday	11:05 - 11:35	Core	Dance Studio	
Thursday	15:15 - 15:45	Born to Move	Dance Studio	
Thursday	15:55 - 16:25	GRIT Strength	Dance Studio	
Thursday	16:30 - 17:00	RPM	Cycle Studio	
Thursday	16:25 - 16:55	Body Pump	Dance Studio	
Thursday	17:30 - 18:00	Sprint	Cycle Studio	
Thursday	20:45 - 21:30	The Trip	Cycle Studio	
Thursday	21:45 - 22:05	Body Balance	Dance Studio	
Friday	06:30 - 07:00	Grit Cardio	Dance Studio	
Friday	08:30 - 09:15	Body Combat	Dance Studio	
Friday	09:00 - 09:30	Sprint	Cycle Studio	
Friday	13:30 - 14:15	The Trip	Cycle Studio	
Friday	14:00 - 14:30	Core	Dance Studio	
Friday	14:45 - 15:05	Body Balance	Dance Studio	
Friday	15:30 - 16:05	Born to Move	Dance Studio	
Friday	16:30 - 17:15	Body Pump	Dance Studio	
Friday	16:30 - 17:20	RPM	Cycle Studio	
Friday	20:00 - 20:30	Sprint	Cycle Studio	
Friday	21:00 - 21:45	The Trip	Cycle Studio	
Friday	21:05 - 21:35	Core	Dance Studio	

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	Cycle Classes		Cardio & Dance Classes		HIIT Classes
	Mind & Body Classes		Strength & Conditioning Classes		
	Martial Arts Classes		Aqua Classes		








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Saturday	06:30 - 07:00	Grit Athletic	Dance Studio	HIIT Classes
Saturday	07:15 - 07:45	Grit cardio	Dance Studio	HIIT Classes
Saturday	08:00 - 08:30	Grit Strength	Dance Studio	HIIT Classes
Saturday	08:00 - 08:30	Sprint	Cycle Studio	Cycle Classes
Saturday	13:25 - 14:10	The Trip	Cycle Studio	Cycle Classes
Saturday	17:00- 17:50	RPM	Cycle Studio	Cycle Classes
Saturday	20:15 - 21:00	Body Pump	Dance Studio	Strength & Conditioning Classes
Saturday	21:15 - 22:00	Body Combat	Dance Studio	Martial Arts Classes
Sunday	06:30 - 07:00	Body Pump	Dance Studio	Strength & Conditioning Classes
Sunday	07:15 - 07:45	Body Combat	Dance Studio	Martial Arts Classes
Sunday	08:00 - 08:35	Born to Move	Dance Studio	Mind & Body Classes
Sunday	08:30 - 09:15	The Trip	Cycle Studio	Cycle Classes
Sunday	12:00 - 12:30	Sprint	Cycle Studio	Cycle Classes
Sunday	12:40 - 13:05	Body Balance	Dance Studio	Mind & Body Classes
Sunday	13:45 - 14:15	RPM	Cycle Studio	Cycle Classes
Sunday	17:30 - 18:15	The Trip	Cycle Studio	Cycle Classes
Sunday	21:15 - 21:45	Core	Dance Studio	HIIT Classes

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-  Cycle Classes
-  Cardio & Dance Classes
-  HIIT Classes
-  Mind & Body Classes
-  Strength & Conditioning Classes
-  Martial Arts Classes
-  Aqua Classes