

MON

7:00 - 7:30
WEIGHTS 101

7:30 - 8:15
BOOTCAMP

9:00 - 9:30
BOX BURN & TONE

PREMIUM CLASS
9:30 - 10:30
PILATES REFORMERS

9:35 - 10:05
BODY CONDITIONING

10:10 - 10:55
SPIN

PREMIUM CLASS
10:30 - 11:30
PILATES REFORMERS

12:00 - 12:30
SPIN

12:40 - 13:10
CORE 26

17:00 - 17:50
PILATES

17:30 - 18:15
SPIN

17:30 - 18:00
HIIT

PREMIUM CLASS
18:00 - 19:00
PILATES REFORMERS

18:00 - 19:00
VINYASA FLOW YOGA

18:05 - 18:50
BOXERCISE

18:25 - 19:10
SPIN

19:15 - 19:45
PUMP 26

TUE

7:00 - 7:45
FEEL GOOD PILATES

7:00 - 7:45
FUNCTIONAL
CIRCUITS

9:00 - 9:30
BARRE BLAST

PREMIUM CLASS
9:30 - 10:30
PILATES REFORMERS

9:00 - 9:45
BOXERCISE

PREMIUM CLASS
10:30 - 11:30
PILATES REFORMERS

12:05 - 12:35
SPIN

12:40 - 13:10
PIYO

17:15 - 18:00
VINYASA FLOW

17:30 - 18:15
SPIN

18:15 - 19:00
SPIN

18:25 - 19:05
OUTDOOR HIIT

18:30 - 19:15
FEEL GOOD PILATES

19:00 - 19:45
TABATA

19:30 - 20:15
DANCE FITNESS

WED

7:00 - 7:45
HYROX

9:00 - 9:45
BODY BURN

9:15 - 10:00
BARRE

10:15 - 11:00
VINYASA FLOW
YOGA

13:00 - 13:30
BEGINNERS BODY
CONDITIONING

17:00 - 17:30
TOTAL BODY

17:15 - 18:00
BARRE

PREMIUM CLASS
17:30 - 18:30
PILATES
REFORMERS

17:35 - 18:20
SPIN

18:00 - 19:00
VINYASA FLOW
YOGA

18:25 - 18:55
OUTDOOR BODY
CONDITIONING

18:35 - 19:20
SPIN

19:15 - 20:15
FLOW & YIN

19:30 - 20:00
LEGS, BUMS N TUMS

THUR

7:00 - 7:45
OUTDOOR RUN
CLUB 5K

7:00 - 7:45
ENERGISING FLOW
YOGA

PREMIUM CLASS
8:00 - 8:45
INTRODUCTORY
PILATES REFORMERS

9:00 - 9:30
POWER

9:30 - 10:15
BARRE

PREMIUM CLASS
11:00 - 12:00
PILATES REFORMERS

12:00 - 12:30
SPIN

12:35 - 13:05
ARMS & ABS

17:00 - 17:45
BARRE

17:30 - 18:00
PRIMAL FITNESS

17:55 - 18:40
FEEL GOOD PILATES

18:00 - 18:45
BOXERCISE

18:05 - 18:35
SPIN

19:00 - 19:30
ARMS & ABS

FRI

7:00 - 7:45
BOX FIT

7:15 - 8:00
FEEL GOOD
PILATES

PREMIUM CLASS
8:15 - 9:00
PILATES
REFORMERS

8:00 - 8:45
ENERGISING FLOW
YOGA

9:00 - 9:30
HIIT

9:30 - 10:15
BARRE

9:30 - 10:15
FIZZ FIT FRIDAY

PREMIUM CLASS
11:15 - 12:15
PILATES
REFORMERS

12:00 - 12:45
FLOW TO RESTORE

17:35 - 18:20
ARMS & ABS

FIT26

CLASS TIMETABLE

BOOK VIA YOUR FITSENSE APP TODAY!

SAT

8:45 - 9:15
EXTREME HIIT

9:20 - 10:05
SPIN

9:30 - 10:30
POWER FLOW

10:10 - 10:40
BODY
CONDITIONING

10:40 - 11:10
DANCE FITNESS

11:30 - 12:15
BARRE

SUN

9:00 - 9:30
BOOTCAMP

9:30 - 10:00
KETTLEBELL CORE

10:30 - 11:00
PARENTS & CHILD
CIRCUITS