

READING TIMETABLE

A SNEEK PEEK AT THE CLASSES INCOMING TO OUR SHINY NEW STUDIOS...

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY		SATURDAY		SUNDAY	
CLASS	TIME	CLASS	TIME	CLASS	TIME	CLASS	TIME	CLASS	TIME	CLASS	TIME	CLASS	TIME
Box n Burn	09.00 - 09.45	Box n Burn	06.30 - 07.15	BURN	06.30 - 07.15	Box n Burn	06.30 - 07.15	BURN	06.30 - 07.15	Box n Burn	9.00 - 09.45	Box n Burn	9.00 - 09.45
Fighting Fit	12.15 - 12.45	Fighting Fit	09.00 - 09.45	Box n Burn	09.00 - 09.45	Fighting Fit	09.00 - 09.45	Box n Burn	09.00 - 09.45	BURN	10.00 - 10.45	BURN	10.00 - 10.45
Box n Burn	17.30 - 18.15	BURN	12.15 - 12.45	Fighting Fit	12.15 - 12.45	BURN	12.15 - 12.45	Fighting Fit	12.15 - 12.45	Box n Burn	12.00 - 12.45	Box n Burn	12.00 - 12.45
Box n Burn	19.30 - 20.15	Box n Burn	17.30 - 18.15	Box n Burn	17.30 - 18.15	Box n Burn	17.30 - 18.15	Box n Burn	17.30 - 18.15	V – Cycle	07.00 - 07.30	RPM	08.00 - 08.45
TRIP	06.15 - 07.00	Fighting Fit	18.30 - 19.15	Box n Burn	19.30 - 20.15	Fighting Fit	18.30 - 19.15	Box n Burn	19.30 - 20.15	Sprint	12.15 - 13.00	TRIP	10.00 - 10.45
Sprint	07.15 - 07.45	V – Cycle	07.00 - 07.30	TRIP	06.15 - 07.00	V – Cycle	07.00 - 07.30	TRIP	06.15 - 07.00	RPM	17.30 - 18.15	Sprint	11.00 - 11.30
V – Cycle	12.15 - 13.30	Sprint	12.30 - 13.00	Sprint	07.15 - 07.45	Sprint	12.15 - 13.00	Sprint	07.15 - 07.45	H2O FIT	09.00 - 10.00	V – Cycle	17.30 - 18.15
RPM	17.30 - 18.00	RPM	17.30 - 18.15	V – Cycle	12.15 - 13.30	RPM	17.30 - 18.15	V – Cycle	12.15 - 13.30	PILATES REFORMER	09.30 - 10.30	AQUAFIT	09.30 - 10.30
V – Cycle	19.00 - 19.45	H2O FIT	10.00 - 11.00	RPM	19.00 - 19.45	H2O FIT	10.00 - 11.00	V – Cycle	17.15 - 18.00	PILATES REFORMER	11.30 - 12.30	PILATES REFORMER	09.30 - 10.30
H2O FIT	09.30 - 10.30	AQUAFIT	14.00 - 15.00	V – Cycle	19.00 - 19.45	AQUAFIT	14.00 - 15.00	RPM	19.00 - 19.45	PILATES REFORMER	16.00 - 16.45	PILATES REFORMER	11.30 - 12.30
AQUAFIT	11.30 - 12.30	H2O FIT	17.30 - 18.15	H2O FIT	09.30 - 10.30	H2O FIT	17.30 - 18.15	H2O FIT	10.00 - 11.00	BP	06.15 - 07.00	PILATES REFORMER	16.00 - 16.45
H2O FIT	12.15 - 13.15	PILATES REFORMER	07.00 - 07.30	AQUAFIT	11.30 - 12.30	PILATES REFORMER	07.00 - 07.30	AQUAFIT	14.00 - 15.00	HYROX	09.00 - 09.45	BA	09.00 - 09.45
AQUAFIT	18.00 - 19.00	PILATES REFORMER	12.30 - 13.00	H2O FIT	12.15 - 13.15	PILATES REFORMER	12.30 - 13.00	H2O FIT	17.30 - 18.15	CORE	10.15 - 11.00	BUILD	10.00 - 10.45
PILATES REFORMER	06.30 - 07.30	PILATES REFORMER	17.30 - 18.15	AQUAFIT	18.00 - 19.00	PILATES REFORMER	17.30 - 18.15	PILATES REFORMER	06.30 - 07.30	SHAPES	12.15 - 13.00	BODYBALANCE	11.00 - 11.45
PILATES REFORMER	07.30 - 08.30	BC	06.15 - 07.15	PILATES REFORMER	06.30 - 07.30	BP	06.30 - 07.15	PILATES REFORMER	07.30 - 08.30	BODYBALANCE	17.30 - 18.15	Yoga	12.00 - 12.45
PILATES REFORMER	12.15 - 13.15	HIITSTEP	07.30 - 08.00	PILATES REFORMER	07.30 - 08.30	BA	07.15 - 08.00	PILATES REFORMER	12.15 - 13.15	BC	18.30 - 19.15	HYROX	16.00 - 16.45
PILATES REFORMER	17.30 - 18.30	HYROX	09.30 - 10.15	PILATES REFORMER	12.15 - 13.15	PILATES	09.30 - 10.15	PILATES REFORMER	17.30 - 18.30				
PILATES REFORMER	18.00 - 19.00	Yoga	10.30 - 11.15	PILATES REFORMER	17.30 - 18.30	Yoga	10.30 - 11.15	PILATES REFORMER	18.00 - 19.00				
HYROX	06.30 - 07.15	CORE	12.15 - 13.00	PILATES REFORMER	18.00 - 19.00	ZUMBA	12.15 - 13.00	BP	06.15 - 07.00				
PILATES	07.15 - 08.00	BP	17.30 - 18.15	HYROX	06.15 - 07.00	HYROX	17.30 - 18.15	HYROX	08.30 - 09.15				
SHAPES	09.30 - 10.15	BODYBALANCE	18.30 - 19.15	BODYPUMP	09.30 - 10.00	BC	18.30 - 19.15	BUILD	09.30 - 10.00				
BODYBALANCE	10.30 - 11.15			BODYBALANCE	10.15 - 11.00			SHAPES	10.15 - 11.00				
BA Cardio	12.15 - 13.00			Dance Fit	12.15 - 13.00			BODYBALANCE	12.15 - 13.00				
HYROX	17.30 - 18.15			BUILD	17.30 - 18.15			BA	17.30 - 18.15				
BUILD	18.30 - 19.15			BC	18.30 - 19.15			BC	18.30 - 19.15				
Dance Fit	19.30 - 20.15			PILATES	19.30 - 20.15								

COLOUR KEY: BY STUDIO

	BOX STUDIO
	CYCLE
	POOL
	REFORMER
	STUDIO I

VILLAGE
HEALTH + WELLNESS

ALL REFORMER CLASSES ARE ALWAYS 60 MINUTES — ALL CYCLE CLASSES ARE 45 MINUTES MAX