



























	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5.35am	 RPM	 BODYPUMP	 RPM	 BODYPUMP	 BODYCOMBAT	
8.15am						 BODYATTACK
9.30am	 BODYPUMP	 BODYATTACK	 BODYPUMP	 RPM	 BODYATTACK	 BODYPUMP
10.30am	 RPM		 BODYSTEP		 BODYBALANCE	 BODYBALANCE
4.30pm	 BODYPUMP				FITBOX Additional Cost	
5.30pm	 BODYPUMP	 BODYCOMBAT	 BODYPUMP	 BODYATTACK	 RPM	
6.30pm	 RPM	 BODYBALANCE	 RPM	 BODYBALANCE		

Hours for gym

Monday – Thursday 5:00am – 8:30pm

Friday 5:00am – 8:00pm

Saturday 8:00am – 2:00pm

Sunday 2:00pm – 6:00pm

Hours for Crèche

Monday

9:15am – 10:30am

10:30am – 11:35am

4.15pm - 5.30pm

5.30pm—6.30pm

6.30pm—7.30pm

6.30pm—7.30pm

Tuesday– Thursday

9.15am—10.30am

10.30am—11.35am

5.15pm—6.30pm

6.30pm—7.30pm

Friday

9.15am—10.30am

10.30am—11.30am

5.15pm—6.30pm

Saturday

8.15am—11.30am