

Studio Timetable - December

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Morning	BODYPUMP 07:05 55mins		CIRCUIT 07.30 60mins	BODYPUMP 06.45 60mins		BODYBALANCE 08:25 60mins	COMBAT 08:25 60mins
	BODYBALANCE 09:25 5mins	SH'BAM 09:25 5mins	COMBAT 09:25 5mins	BODYBALANCE 09:25 5mins	BODYPUMP 09:25 5mins	BODYPUMP 09:30 60mins	PILATES 09:30 60mins
	BODYBALANCE 09:30 55mins	SH'BAM 09:30 45mins	COMBAT 09:30 55mins	BODYBALANCE 09:30 55mins	BODYPUMP 09:30 55mins	ZUMBA 10:35 60mins	TOTAL 10:40 55mins
						TOTAL 11:40 60mins	
Lunch	CXWORKX 12:00 30mins	BODYBALANCE 12:00 30mins	BODYPUMP 12:00 55mins	COMBAT 12:00 30mins	CIRCUIT 12:00 55mins	COMBAT 12:45 5mins	BODYPUMP 11:45 5mins
	SHAPE 12:35 55mins	BODYPUMP 12:35 55mins	CXWORKX 13:00 30mins	SHAPE 12:35 55mins	CXWORKX 13:00 30mins	COMBAT 12:50 30mins	BODYPUMP 11:50 55mins
		BODYPUMP 13:35 5mins		CXWORKX 13:35 5mins		CXWORKX 13:30 30mins	CXWORKX 12:50 30mins
Evening	COMBAT 16:55 30mins	BODYPUMP 16:30 55mins	BODYBALANCE 16.55 30mins	BODYPUMP 16:30 55mins	BODYPUMP 16:55 30mins		
	PILATES 17:30 55mins	SHAPE 17:30 50mins	TOTAL 17:30 55mins	PILATES 17:30 55mins	TOTAL 17:30 55mins		
	SPIN 18:10 40mins		SPIN 17.40 40mins	BODYPUMP 18:30 30mins	YOGA 18:35 60mins		
	BODYPUMP 18:30 30mins	BODYBALANCE 18:25 30mins	SPIN 18:30 40mins	BOX 19:05 55mins	BODYPUMP 19:40 5 mins		
	SPIN 19:00 40mins	ZUMBA 19:00 55mins	CXWORKX 18:35 30mins	ZUMBA 20:05 55mins	BODYPUMP 19:45 30mins		
	TOTAL 19:05 55mins		BODYPUMP 19:10 55mins	SH'BAM 21:00 5mins			
	BODYPUMP 20:05 55mins	BOX 20:05 55mins	SH'BAM 20:10 45mins	CXWORKX 21:05 30mins			
	CXWORKX 21:05 30mins	CXWORKX 21:05 30mins	BODYPUMP 21:00 30mins				

Colour Key:

Virtual

Live

Learn the Moves
(Virtual)